

NEW
APPS
FOR BUSY MOMS
p.59

Better Homes & Gardens

MAY 2015
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easy style

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OUTDOOR
LIVING

p.98

TASTES OF
SUMMER
22 NEW
RECIPES

p.98

COOL
COLOR
BRING ON
THE BLUES

p.46

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8 OF 10 WOMEN

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Susie F., Orlando, FL Age 64

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Annette S., Plaistow, NY Age 61

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contents



keeping it real

Pretty meets practical in a welcoming family cottage.

90



104 hot seats

They're a good place to be when you're talking about these patio chairs.

rock the potluck

It's tote-and-share season for food. Here are a dozen tasty options.

106



getting fresh with tradition

The home is circa 1940s. But the style? It's most definitely 2015.

37



FRESH

15 GUIDE Bright ideas for bikes, peppy polka dots, and more.

22 BEAUTY Smart sun protection, best new products, fresh floral scents.

30 GATHERINGS And they're off... to your crowd-pleasing derby day party.

HOME

46 SATINY SMOOTH

These blue-ribbon colors are guaranteed winners.

52 MAY FLOWERS Stunning and sturdy, peonies are the star of the spring garden.

59 STATE OF THE SMART Our favorite apps and gadgets to keep you collected and connected.

66 LIGHT & EASY Three breezy rooms full of easy tips to borrow.

74 FROM HAMPER TO HANGER How to make laundry easier—maybe even fun!

82 GARDEN KNOW-HOW Spring-clean your deck, feed the bees, and more.

IN EVERY ISSUE

8 BETWEEN FRIENDS

12 BHG.COM

158 RECIPES/PROFESSIONALS INDEX

160 I DID IT



THIS ISN'T JUST A MOTHER'S DAY GIFT

IT'S A HANDFUL OF MESSAGES LAYERED ONE OVER THE OTHER. SOME TELLING THE WORLD EVERYTHING.
OTHERS SPEAKING ONLY TO HER. WHAT WILL IT SAY TOMORROW?

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a month of fun days

By the calendar, summer won't begin until June. But in spirit, it's already here as the days warm up and the school year winds down. Our food editor Nancy Wall Hopkins calls May "the month of Sundays" because it's chock-full of gatherings, from Mother's Day to potlucks to showers. In May, there's always something to celebrate.

With our busy lives, I'm always impressed by the inventive ways *Better Homes and Gardens*® readers make time for fun and celebration. That's one reason we cover innovation in every issue.

Innovative products simplify everyday tasks, connect us to friends and discoveries, and amp up that fun. This month, "State of the Smart" (page 59) features giftable products and *aha* apps to get your summer off to a great start. We've also opened an Innovation Hub on our website (BHG.com/SmartHome) so we can bring you even more detailed information on home products.

I'm especially excited to tell you about our 2015 Innovation Home under construction in Mequon, Wisconsin. This 3,258-square-foot, two-story family home showcases products and technologies to make our homes smarter and our lives better. You've told us your priorities: Easy ways to turn things on and off or open them. Energy efficiency. A great media experience. Peace-of-mind security inside and out. And smart touches for health, relaxation, and creative pursuits. It's all here. And because it's a *Better Homes and Gardens* house, we also incorporated a dream kitchen and a breezy porch for entertaining when the summer spirit strikes.

Look for full coverage of the Innovation Home in our October issue. In the meantime, you're invited to visit in person when the home opens to the public in June ("like" our Facebook page for exact dates) or get sneak peeks right now at BHG.com/SmartHome.



Gayle Goodson Butler,
Editor in Chief

new for you! magazine extras at BHG.com

Now you can find all the Web extras from this issue—recipes, videos, downloads, shopping information, and sweepstakes—in one easy place. Bonus: You get indexes of past recipes and color palettes. Go to BHG.com/MayMag. Or, from the BHG.com home page, click the Magazine tab for instant access.

contributors

ERIN QUINLAN WRITER

"STATE OF THE SMART" p. 59

Erin is a freelancer in the NYC area who has also written for *Fitness*, *Prevention*, and *Today.com*. Although much of her work has covered health, she sees a connection with this tech roundup. "I'm a curious person," she says. "Whether it's the human body or a satellite navigation system, I want to know how they all tick."



PAIGE PORTER FISCHER

PRODUCER

"KEEPING IT REAL" p. 90

Paige contributes to *BHG* and *Sunset*, and she writes a style column for the *San Francisco Chronicle*. While the "Keeping It Real" house is East meets West, Paige's home in the Bay Area is South meets West. "I'm from Mississippi, so I love antiques," she says. "But I'm

fond of fun fabrics, modern accessories, and fresh color, which is very California. Our house is a mash-up for sure."



MARC MURPHY RECIPES

"FISH TACOS" p. 113

This NYC restaurateur owns four restaurants and is a judge on Food Network's hit show *Chopped*. He grew up all over the world and still loves to travel with his family. "It's a time to be present with one another, learn new cities, see new sights," he says.

"And, most importantly, eat new food!"



PHOTOS: (GAYLE) KATHRYN GAMBLE, (MARC) CEDRIC ANGELES



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our picks

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Enjoy your outdoor spaces this summer. Find 18 clever and easy ways to create a stylish, inviting outdoor room.

[BHG.com/
OutdoorUpdates](http://BHG.com/OutdoorUpdates)

WINNING DINNERS

Chicken + skillet = a meal everyone can agree on. (And you can clean up in a jiff.) Get 20 so-simple chicken skillet recipes.

BHG.com/SkilletChicken

NEW ANNUALS FOR 2015

Keep an eye out for our favorite new colorful annuals at your garden center this spring. See our editors' picks.

BHG.com/2015Annuals

DIY IT!

Refresh your home with accents and decor you can make yourself. It's surprisingly simple with these fast and fabulous decorating projects.

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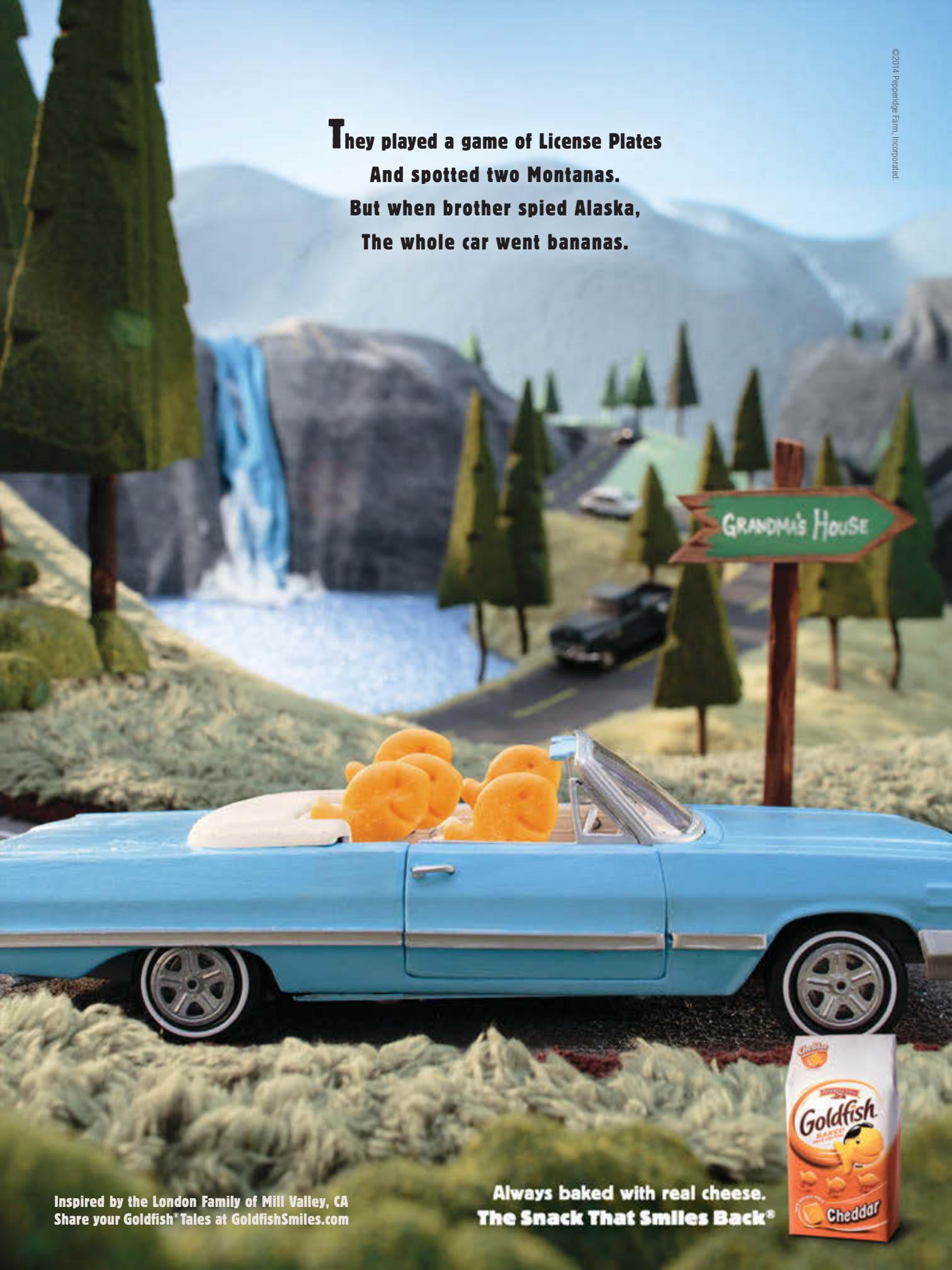
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School's out! Capture the moment and start a new tradition with a last day photo.



MAY 25

Wherever you are on Memorial Day, pause for a minute at 3 p.m. for the National Moment of Remembrance honoring those who died serving our country.



You'll be sitting pretty with this weatherproof seat cover from Suli. \$14.95; sulistyle.com

ON YOUR BIKE

This plastic bud vase goes right from your kitchen counter to your handlebars. \$38; wearableplanter.com



Backyard escape

Hitting Target stores beginning April 19: Resort-chic Lilly Pulitzer for you, your home, and the kiddos, too. Folding sling chair, \$60; Outdoor pillow, \$25; target.com

Charm school

Give your statement necklace a seasonal makeover. Starfish necklace, \$38; lauralancecollection.com

Swingy shift

New summer essential: a wear-ever dress. The new athleisure trend makes it easy to find something pretty that you can move in, something that keeps you as cool as you look. Nuu-Muu's wrinkle-resistant A-line dresses will take you from 5K to fire pit. \$75; nuu-muu.com

Game on

Know what's cool again? Retro games like dominoes and mah-jongg. They're also super portable for fun on the porch, at the park, or by the pool. Ridley's Games Room Dominoes, \$21; us.amara.com

Slice & dice

Permission granted to play with your food! Shake things up in the kitchen with Foodie Dice, wood cubes inscribed with ingredients and cooking methods. Just shake, rattle, and roll your way to fun flavor pairings and meal ideas—more than 186,000 possible combos are waiting to be eaten. \$38; foodiedice.com



now trending

Polka dots

This classic pattern is back in the spotlight.



Hanging ceramic planter, \$48; poketo.com

Weekender watch, \$40; timex.com

Dots apron, \$40; unisonhome.com

Specktacular leash, \$20; waggo.com

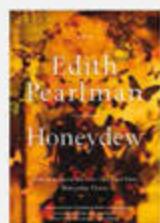
Dot reusable straws, \$7.99 for six; zak.com



shelf life

Short stories

These affecting, enchanting collections are perfect punctuation for a long weekend. Take them along in any form: print, pixel, or audible.



Honeydew by Edith Pearlman (\$25; Little, Brown) Finely wrought suburban tales. See what the fuss is about.



Almost Famous Women by Megan Mayhew Bergman (\$25; Scribner) Fascinating women (once) lost to history.



Get in Trouble by Kelly Link (\$25; Random House) Link's magical realism feels very much both at once.



connect + enjoy

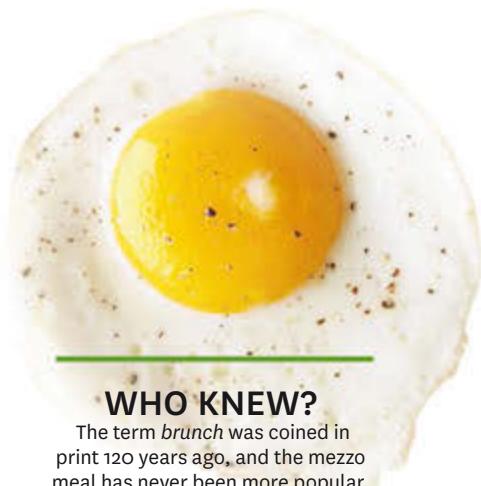
Just your type

Spilled coffee and muffin crumbs are no match for Kuzy silicone keyboard covers. These skins are flexible, washable, and very cute. MacBook keyboard covers, \$9.95; kuzyproducts.com

the happy moviegoer

Aloha

Cameron Crowe directs this rom-com playbook mashup starring Bradley Cooper, Emma Stone, and Rachel McAdams. Not that a cast like that needs support, but how about Alec Baldwin doing his blowhard, Danny McBride doing his absurd, and Bill Murray doing his Bill Murray? You had us at *Aloha*. Out May 29.



WHO KNEW?

The term *brunch* was coined in print 120 years ago, and the mezzo meal has never been more popular.

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EverythingEdible,
\$7.98; etsy.com



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FLOAT ON Check all engines at the sand—only nonmotorized watercraft live at the volunteer-run Community Boating Center. Kayak, rowboat, paddleboard, and sailboat rentals are offered for a small fee. Snag one and join the popular monthly Ferry Farewell Flotilla on the bay and wave good-bye to the Alaska-bound barge. boatingcenter.org

RETRO SIP Mead, that old soul of the drink world, is making a comeback. The trending honey-base booze is literally prehistoric, with roots from 7,000 B.C. It can skew fruity or spicy, flat or fizzy, and its popularity has earned Honey Moon Mead and Cider its own tasting room. honeymoonmeads.com

EASY BEING GREEN Like DIY workshops? Like natural cleaning products? Sidle up to the crafting bar at Otion: The Soap Bar, where for \$40 you can learn to make essential oil-base cleaning mixtures and whip up seven sprays and detergents to take home. otionsoap.com

BRINE DINING Mollusks are practically a food group in these parts. Head to Taylor Shellfish Samish Farm Store early for a bag of oysters, a bottle of something to wash them down, and a seat at the outdoor picnic tables. taylorshellfishfarms.com

LOCAL BEAUTY Just when we thought the “farm-to” trend couldn’t be spun any other way, we found The Chrysalis Inn and Spa. The waterfront oasis pampers guests with fresh lotions and scrubs using ingredients from local growers, gardeners, and beekeepers. That’s right, people: farm-to-spa. thechrysalisinn.com ■

DID YOU KNOW?

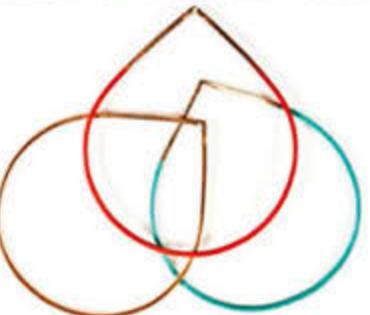
The maritime weather here is so berry nice: It helps grow millions of pounds of blueberries and raspberries.



Aw, shucks: This outdoor shellfish picnic spot is just a few miles south of the city.



Spotted: Nature-inspired Raindrop Bangles by Baleen at Ideal. \$36 for three; anidealshop.com



Lavender and other locally grown crops supply the spa at The Chrysalis Inn.





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BIG BLOOM THEORY

So long, spicy scents. Hello, soft spring florals! Jasmine, peony, tuberose, and freesia are blossoming this season. Spritz one on yourself or wrap up as a present for Mom. *Miss Dior Blooming Bouquet*, \$75 for 1.7 oz.; dior.com. *Chloe Love Story*, \$105 for 1.7 oz.; sephora.com. *Michael Kors White*, \$88 for 1.7 oz.; macys.com. *Kate Spade Walk on Air*, \$75 for 1.7 oz.; nordstrom.com. *Estée Lauder Pleasures Florals*, \$62 for 1.7 oz.; esteelauder.com.



Make sure scents stay true—store away from sunlight and moisture.





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Leotards, full skirts, and flats with ribbon ties: Ballet-inspired style is back!



Sparkling water plus lemon makes the perfect post-workout fizz.

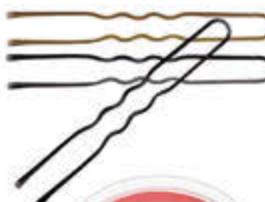
TRY IT

“Loading your playlist with classical music can make exercise more relaxing—really!”



DAMAGE CONTROL

“I had to wear a bun for years; now I baby my hair with moisturizing shampoo and hair pins instead of elastics.” \$26; fresh.com



“I love the cream blush from RMS—an organic line that looks incredibly natural on my skin.” \$36; rmsbeauty.com

IN PERSON

mary helen bowers

Former ballerina, creator of Ballet Beautiful—a ballet-inspired workout and apparel line—and Instagram phenom

BY JOLENE EDGAR

HER STORY Mary Helen joined the New York City Ballet at 16 and danced professionally for a decade before founding Ballet Beautiful, a targeted workout she teaches in her NYC studio, on DVDs, and online via streaming classes at balletbeautiful.com.

HER LOOK “I live in my leotard and tights, and have found lots of ways to transition from the studio to the street. I have one leotard in my line that has a sweetheart neckline and long sleeves; I throw on a shrug, jeans, and ballet flats and I’m ready for dinner out.” \$86; balletbeautiful.com

BATHING BEAUTY “Most nights I unwind with a hot bath with coconut oil and epsom salts. Then I’ll apply a face mask. Ling Ginseng Therapy Moisture Mask is light enough to sleep in and lets me wake up to plump, glowing skin.” \$40; lingskincare.com

HOME SWEET HOME “I love antiques—huge, old pieces of furniture. Some I’ve bought at auctions over the years; others I’ve inherited. Those are most special to me because they tell a story.”

INSTA ADVICE “I don’t use a fancy camera or Photoshop for my images on Instagram. The app’s built-in filters are your friend—I like Lo-Fi for food pics and Amaro or Crema for faces.”



BALLET BABY “Dancing with my daughter, Lumina Belle, always makes my heart sing!”



TRAVELTEX.COM > THINGS TO DO > MUSIC



BOOT-SCOOTIN'



I WANNA ROCK



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FAMOUS VENUES



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IN THE KNOW
sun protection

BY ELLEN MILLER

3 RULES FOR
keeping skin safe

1 THE BEST SUNSCREEN IS ONE YOU'LL ACTUALLY USE You'll have to date lots of sunscreens before you find one you fall in love with. (Remember, this is a long-term relationship; to prevent skin cancer, wrinkles, and dark spots, you'll need to wear it every day.) Prospects *must* provide at least SPF 30 and broad-spectrum protection. Beyond that, experiment with new sprays, lotions, oils, serums, powders, and wipes until you meet one that meshes with your skin texture and lifestyle. If this sounds expensive, fear not. "Most dermatologists offer samples," says Susan Bard, M.D., of Vanguard Dermatology in New York City. "You can also head to a beauty retailer that stocks testers, or try calling a company's customer service number to score a sample."

2 FORGET ABOUT THE SPF IN YOUR MAKEUP Hey, more sunscreen is never bad, and kudos to you for stocking up on products that protect. But to get the level of SPF on the label, you'd have to cake on seven layers of foundation, BB cream, tinted moisturizer, whatever—and we can't let you walk around looking like that. If you're into skipping steps, try ditching your moisturizer or serum in favor of a sunscreen with a similar texture, then apply your makeup on top.

3 YES, YOU REALLY HAVE TO REAPPLY The hard truth: You can't complain about wrinkles if you're not applying sunscreen with SPF 30 every morning—and it doesn't stop there. "After two hours that first layer is basically null and void," Bard says. Lots of people remember to re-up at the beach, but what about weekdays? (Get this: The vast majority of skin aging comes from everyday exposure to rays—not just burns.) One easy way to work it into your routine: "Keep a powder sunscreen in your purse or desk drawer and dust it on exposed skin before you step outside," Bard suggests. Try: Colorescience Sunforgettable Mineral Sunscreen Brush SPF 30, \$52; colorescience.com

look book

Beachy keen

Big news: Protective clothing is now super cute. Check out these stylish skin-savers.

UNDER COVER Mott 50 Frida Tunic UPF 50, \$148; mott50.com

HAT TRICK Wallaroo Savannah Hat UPF 50+, \$52; wallaroohats.com

NICE SHADES Triple Graces Ritas Sunglasses with UV400 polarized lenses, \$63.33; triplegraces.com

SAFE SWIM Prana Loreli Sun Top, \$65, and Zuri Bottom, \$55, UPF 50; prana.com



5 COOL NEW SUNSCREENS



DID YOU KNOW?

The most commonly missed spots are ears, hands, behind the knees, and hairline. Apply here first so you don't feel the burn.

1 ZERO CHALKINESS Murad Invisiblur Perfecting Shield SPF 30, \$65; murad.com

2 SO LIGHTWEIGHT La Roche-Posay Anthelios AOX Daily Antioxidant Serum with SPF 50, \$42.50; laroche-posay.us

3 DOESN'T SWEAT OFF Neutrogena CoolDry Sport with Micromesh Technology SPF 30, \$9.49; drugstores

4 NOT EVEN A LITTLE STICKY Avène Ultra-Light Hydrating Sunscreen Lotion Spray SPF 50+, \$30; aveneusa.com

5 WON'T IRRITATE Safe Harbor SPF 30 Sunscreen Lotion for Sensitive Skin, \$7.98; walmart.com

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- Thermal Protection
- Adds Volume
- Minimizes Frizz

3 Easy Steps

Three bottles of the Anti-Aging Hair Treatment System are shown. Step 1 is labeled 'Revive' and 'THERMAL TREATMENT'. Step 2 is labeled 'Restore' and 'BOND-SETTING SERUM'. Step 3 is labeled 'Recharge' and 'NOURISHING SHAMPOO'. Each bottle has a silver cap and a teal-colored base.

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Fights Hair Loss
Stimulates Growth
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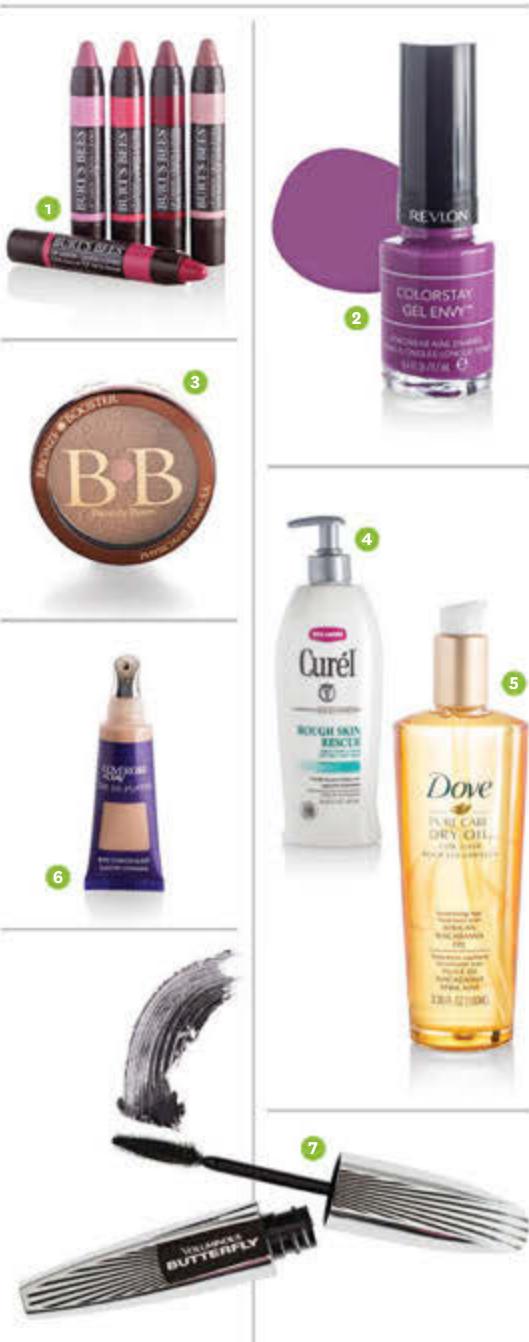
YOUR BEST BEAUTIFUL™

fresh | beauty



beauty champs

This year, more than 70,000 consumers voted in our Best New Products Awards, bringing you the latest and greatest in five categories: household, food, beauty, health, and kids. Here's a look at some beauty favorites.



1. BEST LIP COLOR

Burt's Bees 100 Percent Natural Lip Crayons soften with shea butter and come in six shades. \$8.99; burtsbees.com

2. BEST NAIL COLOR

Revlon ColorStay Gel Envy Nail Enamel lends your mani the same shine and longevity as a salon service. \$7.99; revlon.com

**3. BEST BLUSH/
BRONZER**

Physicians Formula Bronze Booster Glow-Boosting Beauty Balm BB Bronzer SPF 20 gives skin summery color—no damaging UV rays required. \$14.95; physiciansformula.com

4. BEST BODY LOTION

Curél Rough Skin Rescue Smoothing Lotion gently smooths dry areas as it protects by boosting skin's ceramide levels. \$7.99; curel.com

**5. BEST HAIR
TREATMENT**

Dove Pure Care Dry Oil Nourishing Treatment revitalizes damaged strands with a blend of natural oils. \$12.99; dove.com

6. BEST CONCEALER

CoverGirl + Olay The De-Puffer has a cooling metal tip that deflates bags while camouflaging dark circles. \$10.99; covergirl.com

7. BEST MASCARA

L'Oréal Paris Voluminous Butterfly Mascara boasts a thickening formula and a brush that fans lashes. \$8.99; lrealparis.com

Complete list of
winners: BHG.com/
BestNewProductAwards

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7
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derby day

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Who wouldn't make a run for these roses? Give your cupcakes a frosting flourish.



And they're off! Tune in May 2 at 4 p.m. Eastern for live coverage on NBC. Racers break from the gates at 6:24.



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A jockey silk-inspired pocket square from Vineyard Vines' Derby Collection sets the peppy, preppy palette. vineyardvines.com

Dress plastic horses for the occasion with glossy white spray paint and ribbon bow ties.

RACE RIGHT ON PAST ORDINARY

this Derby Day with party tricks that glam up your table. We're talking icing that elevates simple vanilla cupcakes and gingerbread cookies. Mint sprigs that make plain ice cubes truly cool. And serving pieces that shine—whether they hold food, flowers, or accents that speak to horsey fun.



It wouldn't be a Derby party without a bouquet of roses (warehouse stores usually sell big bunches for less than \$20). A bow tie ups the fun factor.

Stack footed bowls to make your candy dish heads above the rest.

IT'S A SHOE-IN
Your table is party-pretty, thanks to some equine-inspired sparkly accents. Horseshoe napkin weight, \$11; arthrcourt.com



BUBBLY ATTITUDE
This isn't your kid's pony party. Use a trophy-look champagne bucket for a sophisticated vase. Champagne bucket, \$32; save-on-crafts.com



HORSE AROUND
Cut gingerbread (so yummy with bourbon!) into make-you-smile shapes. Horse head and horseshoe cookie cutters by KitchenCrafts, \$2.95 each; etsy.com

Started my Camry.
Wanted tacos for lunch.
Crossed down into Baja.
Joined a soccer game.
Lost my passport to a seagull.
Hitched a ride on a cargo ship.
Got boarded by pirates.
Freed some livestock.
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They were really good tacos.

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SPLASHY ADORNMENTS

are what Derby Day is all about: A chic Vineyard Vines headpiece for you (or go ahead, rock a big hat), a lucky horseshoe for the lasts-forever preserved boxwood wreath. Finish the table with a little sparkle from a vintage trophy (we found some bargains on eBay) and a few julep cups. Then toast your final smart move: Mixing mint juleps as a punch—one batch and you're done. ■

FREE RECIPES

Get complete recipes for our mint julep punch, gingerbread cookies, and rosette cupcakes.

BHG.com/Derby

For complete buying information: BHG.com/Resources

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home

10 THINGS TO LOVE ABOUT *getting fresh with tradition*

A young homeowner embraces the history of a classic Colonial—but doesn't leave the decorating stuck in 1941.

BY SALLY FINDER WEEPIE | PHOTOS HELEN NORMAN
PRODUCED BY EDDIE ROSS



FUN TWIST
Yep, that's a vintage candy machine in Ibie Falcusan's dining room.

IT'S ALL DONE WITH MIRRORS

Hang a couple, and suddenly a small room feels light, bright, and spacious.



1 SERENITY FOUND

"I like a neutral palette—it makes me feel calm," Ibie says. "To me, Benjamin Moore's Simply White is the perfect color. It's bright and reflective, and it doesn't get dingy or yellow as it ages. It's timeless."

2 SELECTIVE SPLURGING

Ibie spends when it counts: Think tufted-velvet Room & Board sofa. But high style doesn't have to be pricey. Her brass coffee table is Nate Berkus for HSN; the end table is a CB2 piece that she spray-painted.

3 NEW FOOTNOTES

Honey oak flooring in the living room didn't exactly scream sophistication. A coat of ebony stain made it modern. But you can still kick off your shoes—a light and lush rug keeps the mood relaxed for a young family.

4 WINDOWS UPDATE

Drapery are sophisticated, yet light. Who'd guess they're from a children's store? Hemmed to length and outfitted with brass rods, the Pottery Barn Kids finds are anything but juvenile.

THE WALLS CAN'T TALK.

But this house in the heart of Washington, D.C., still had plenty to say to Ibie Falcusan, a busy lawyer with an eye for design. The contemporary look she cultivated at her old address wasn't going to work here. "This place is early 1940s Colonial," Ibie says. "My style responded and became traditional, too." She embraced a neutral palette and furniture with classic, sophisticated lines. All stodginess, however, was kicked to the curb. Splashy patterns, touch-me textures, and glam metallics match the energy of Ibie's young family. She, husband Jeff, and 3-year-old Jude are all about cuddlefests on the couch, finger painting in the playroom, and weekend frivolity with friends. "A comfortable home," Ibie says, "brings balance into my life."



CUE THE COLOR

A splash of contemporary color and pattern keeps a traditional room current.

5 LOOK, SHINY THINGS!

"Right now, I'm having a brass moment—I love its warmth," Ibie says. "It's funny because brass is trendy now, and it's also what was swinging when this house was built. The brass door hardware is original."



“Jeff, Jude, and I **LOVE BEING TOGETHER HERE** as a family. It really means something to me to create an atmosphere conducive to being a homebody.”

Ibie Falcuson



BEST OF BOTH WORLDS

Café curtains lend a little privacy but don't stop sunlight.

6 FRESH LAYERS
The eating nook in the kitchen gets interest and depth from natural fibers—and not just the rug. The wall above the chair rail is white sisal twill from York Wallcoverings.



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7 YUMMY UPDATES

A traditional white kitchen gains graphic flair from a backsplash of Calcutta Gold marble tile and a wood-look ceramic tile floor, the planks laid in a herringbone design. Leather barstools lend a soft touch.

8 IMPORTANT CONNECTIONS

Just outside the kitchen's Dutch door, a flagstone patio skirted with beds of lush plants encourages alfresco dining. Ibie's next project: Transform the brick garage into a studio.



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a frilly tutu
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she laughs.
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with that.*

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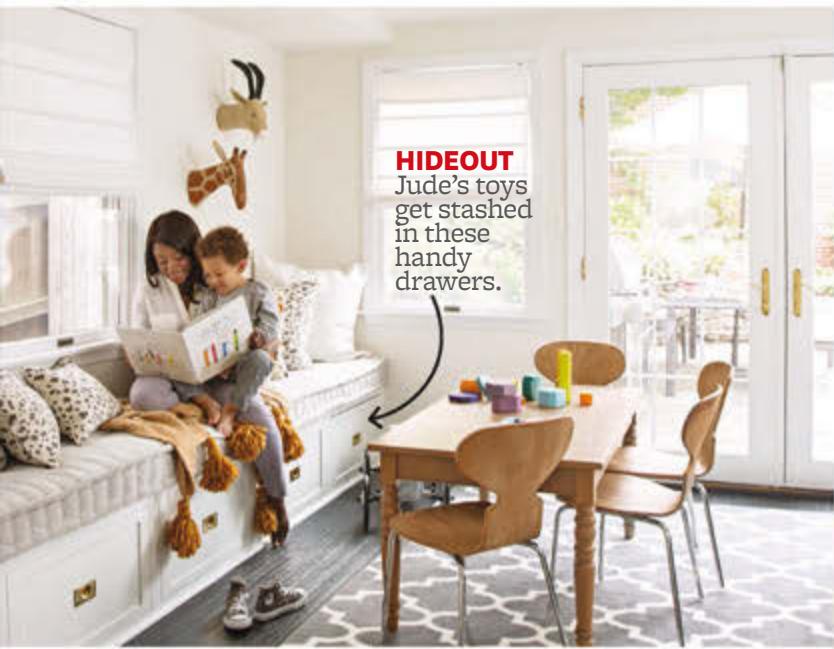
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Good & Honest



"I'M A DESIGN NERD."

Always have been," Ibie says. "I was the kid who spent Saturdays watching all the home design shows I could tape in a week."



9 SUN & FUN

Ibie added a window seat with storage-rich built-in drawers to the sunroom, Jude's prime play space and favorite reading nook. "I love being able to put away all the toys at the end of the day," Ibie says. "What a great way to lower your blood pressure."

10 TRUE COMFORT

Hectic days dissolve into serene nights in the master bedroom, a haven filled with soft colors, a relaxed mix of patterns, and just a touch of girly. "I'm outnumbered 2-to-1 by the boys in this house," Ibie says, "so I allow myself a pop of pink." ■



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satin *smooth*

Used solo or in rich layers, these silky, ribbon-inspired blues bring life to any room.

SCUBA BLUE

16-4725 Bring energy to a space with this jewel-like turquoise. Try a bit on the inside of a bookcase, or go all-out on the walls of a living or dining room. *Pantone*

WINDSWEPT

5749 This fresh, chalky blue is at its best paired with crisp white trim in a hallway or living space. *Dunn-Edwards*

CARIBBEAN BLUE

WATER 2055-30

Dip a toe into saturated color with this hue on an accent wall. Balance its boldness with pale grays on surrounding walls. *Benjamin Moore*

IDYLLIC ISLE

254-4 Create the feel of a seaside retreat in your bath or powder room by dousing the walls in this midtone. *PPG Pittsburgh Paints*

STONE BLUE
No. 86 Opt for high gloss in this rich blue. It oozes sophistication in an office or study. *Farrow & Ball*

new!
KATERINA
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We give Katerina a four-star rating for elegant outdoor entertaining. In fact, with its classic lattice design, lightweight aluminum frame and hand-brushed bronze-colored finish, it puts the luxe in luxury. Whether you're sharing a meal or sharing stories around the coffee table, this graceful collection brings paradise straight to your backyard. 

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Steven Gambrel

DAY JOB Working out of a renovated cabaret in New York City's West Village, designer Steven Gambrel brings design polish and dramatic color to projects like this townhouse, *left*.

ALL IN THE FAMILY Love blue? Then don't stop with one shade. Layer them on! "Start with a pale blue foundation," Steven says. Then go bold with blues on furniture and accessories for a "rich, complex palette. Balance it out with light contrasts—ivories, oysters, and pale grays are excellent."

NATURAL INSTINCT

"These blues have an atmospheric feel," Steven says. "The colors adapt and change with the seasons and work well with candlelight." They're great in a living room, he says, or in "a moody entry or dense library."

"Surround these dense colors with like-minded textiles and rich materials to see the blues really come to life."

Steven Gambrel



HIGH STYLE

Vibrant blue with natural bamboo generates color and calm. Vase, \$59; boconcept.com for stores



NICE THROW

Patterned pillows spruce up any space. Fergano Throw Pillow, \$26.99 each; wayfair.com



ALL IN

Make a statement with this brilliant blue chair. Benjamin Chair, \$799; highfashionhome.com ■



Just tap to try these blues in a real entryway with our Color Studio. BHG.com/GetDigital

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DIG A *Little* DEEPER

Partnering for Progress

VOL. 3 COLLABORATION

Ensuring a sustainable future, where a balanced meal is accessible to everyone, is a goal that requires ongoing collaboration. That's why so many of today's experts in agriculture, science, education, conservation and philanthropy and many others are partnering – and making progress in a number of important areas.

Working together today, for a better tomorrow:

1 Organizations from the private and public sectors are working together to address the challenges of feeding a growing population. The goal? To collaborate on developing solutions for soil health, water conservation, deforestation, honey bee health and many other key issues.



2 Widespread research and education efforts are helping cultivate today's crops and tomorrow's scientists. One collaborative initiative plans to study, measure and identify ways to improve soil health, so farmers can implement sustainable practices such as planting cover crops (like grasses and legumes – which are planted but not harvested – keeping more roots, residue and organic matter in the soil to help it stay fertile).

3 Organizations, farmers, researchers and many others are collaborating to develop new tools to help farmers have better harvests. Some successes: crops that can grow in drought conditions and new precision agriculture tools to help farmers make the best decisions throughout the growing season while using resources more efficiently.

Food for thought:



The estimated percentage that food production needs to increase by 2050 to feed a growing population, which is why so many organizations are collaborating to help make balanced meals more accessible.



Over 200 universities worldwide offer degrees in advanced agricultural sciences, cultivating the experts of tomorrow.

By 2050, it's estimated that agricultural technologies could increase crop output by

67%

and cut food prices by roughly half.

JUNE ROSE

Double-flowered,
very large blooms
Bloom time:
mid-spring



BARTZELLA

Intersectional peony
(a cross between a tree
and an herbaceous
peony) with robust
foliage and flowers but
hardy only to Zone 4
Bloom time:
late spring



may flowers

Peonies are a sentimental favorite. But these go-to perennials are also lovable for their tough-as-nails constitution.

BY ERIC LISKEY

DOUBLE DECKER

"Double bomb" flower
with a nice scent
Bloom time:
late spring



CHARISMATIC

Semidouble flower with
exceptional foliage
Bloom time:
mid-spring



SUNSHINE FESTIVAL

Vigorous, heavy
bloomer great for
cut flowers
Bloom time:
late spring



ETCHED SALMON

Double blooms,
fragrance, and
strong stems
Bloom time:
mid-/late spring



Nearly all herbaceous peonies are hardy in Zones 3–8. Labels often list bloom times as "early," "mid," or "late," corresponding roughly to mid-spring, late spring, and early summer.

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PEONIES ARE EASY to grow, look great in perennial borders, and produce outstanding cut flowers. What more could you want from a plant?

dividing

Peonies are among the longest-lived perennials, often thriving for decades, even when neglected. This makes them great heirloom plants—easy to divide, easy to share. It's best to divide peonies in the fall—after the heat of summer but with enough time to settle in before winter. Be sure each division has a few “eyes” or growing points. Learn more about dividing peonies: BHG.com/DividePeony

cut flowers

HARVESTING BLOOMS Cut flower stems when buds show just a touch of color. If ants are present, leave the stems outside for a few hours to give the ants a chance to crawl away, then bring the stems inside.

TIMING THE SHOW Peony buds stay closed while refrigerated but open rapidly when placed in warm water, making it easy to time the blossoms for a showy bouquet. Place buds in the refrigerator, putting the stems in water or wrapping them in plastic. When you're ready to display, cut the stem ends and place in lukewarm water, and the buds will open within a day.

CHOOSING VARIETIES Pick peony cultivars according to the appearance you like and by bloom time. Growing several varieties that include early, mid-, and late bloomers ensures a continuous supply of flowers for six or more weeks.



CORAL CHARM



common concerns

FLOPPY FLOWERS Peony stems, especially older types, might flop over with the weight of blooms. To prevent this, place a peony ring, *above left*, over the plant as it emerges in spring. The stems will grow through the support and stay upright.

WHAT ABOUT THOSE ANTS? A common sight on peony buds, *above right*, ants do no harm. They are simply sipping a bit of sap.

growing peonies

Popular in Victorian times, peonies have an old-fashioned reputation. But their tough, easy-care nature makes them perfect for today's low-input gardens.

PLANTING Typically, growers sell and ship peonies bareroot in fall, which is the preferred planting time. However, container-grown peonies can be planted in spring.

HARDINESS Most peonies are hardy in Zones 3–8. In Zones 9 and 10, they often don't receive enough winter chilling to bloom.

SUN Peonies perform best in full sun.

SOIL AND WATER Moist, well-drained soil is best, but once established, peonies are quite drought-tolerant. An annual application of fertilizer helps plants thrive and bloom well.

DISEASES To avoid foliar diseases that appear in damp conditions, maintain good air circulation and ample spacing between plants. In fall, cut off and destroy foliage to reduce diseases that overwinter on the stems and leaves.

ANIMAL PESTS Deer have been known to consume peonies when desperate for food, but they do not appear to be a favorite selection. Thus, peonies are usually a good choice for gardens frequented by the hungry browsers.

DEADHEADING It does no harm to leave seed heads on the plant, but for a tidier appearance cut off spent blooms.

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SPRING AND BEYOND

Peonies have bold foliage that creates a beautiful foil for other plants long after the bloom has passed.



Peonies, like this Terrific Gal, are showy and robust—great anchor plants for perennial borders.

designing with peonies

MIXED BORDERS

Because of their size, prominent blooms, and attractive foliage, peonies are often used as “backbone” plants in mixed borders. They’re good blooming partners for other spring bloomers like iris, foxglove, allium, roses, and lilacs. When the flowers are gone, the dark, dense foliage remains and serves as an excellent foil for summer bloomers.

HEDGES AND MASSES

While not a hedge in the strict sense—and certainly not to be sheared—rows of peonies lining a walkway or fronting a fence can serve the same purpose as a hedge, albeit one that disappears in winter!

SOURCES

All peony varieties shown are available through Klehm's Song Sparrow Nursery; songsparrow.com

You can also find a selection of peonies at White Flower Farm; whiteflowerfarm.com ■

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BY ERIN QUINLAN
PHOTOS BLAINE MOATS
STYLING LINDSAY BERGER



ace of bass

Nokia's pucklike MD-12 portable wireless speaker is tiny, not tinny, thanks to a compact vibrating actuator that boosts low frequencies when the speaker is placed on hard surfaces. A 15-hour rechargeable battery ensures the beat goes on. Available in orange, green, yellow, white, \$49.99; microsoftstore.com



LEG UP

Quit craning your neck to watch cat GIFs! The Kenu Stance smartphone tripod contours so you don't have to, posing your phone at a comfy viewing angle with ball-and-pivot joints. Available for iPhones and Android/Windows phones, \$29.95; kenu.com



IN CHARGE

We asked Liz Gumbinner and Kristen Chase, the cool moms at Cool Mom Tech (coolkidstech.com), what they'd tell their BFF to get. The Jackery Giant+ portable charger: "You'll never be caught with a dead phone or tablet again." It's powerful enough to juice two devices—at once!

Available in black, gold, orange, silver, \$39.95; jackery.com



Stealth couponing: When **SNAP** rebates matching your purchases total \$20, you get a check.

Free for iOS, Android; groupon.com



No-rez restaurants are feasible with **NOWAIT**. Text your name to the list; show up when your table is ready.

Free for iPhone, Android; nowaitapp.com/dining



A single cart for all your digital shopping? You're not dreaming: **KEEP** will even track down lost packages.

Free for iOS, Android; keep.com



We love video editing and hosting app **VEEMOTION** for its hip effects and tight privacy controls.

Free for iOS, Android; veemotion.com



TECHSPERT OPINION

JOHANNA TORRES

The editor in chief of website MamásLatinas knows that technology and QT are not mutually exclusive. "Some people tell parents to ditch the devices, but let's get real," she says. "I have three kids ages 20, 18, and 12. Technology is my saving grace!" Here's what she recommends.

A SCHEDULE EVERYONE CAN SEE

"The kids and I share a Google calendar for important family dates such as school concerts and upcoming vacations. I integrate it with my work calendar through a free app called **Sunrise** (calendar.sunrise.am).

A WAY TO WORK TOGETHER

"My daughter is a college freshman living away from home for the first time. She uses **Dropbox** (dropbox.com) to share essays and ask for feedback on her papers. I've even helped her update her résumé. I love that I can still be there for her."

A FUN DISTRACTION

"My youngest and I enjoy challenging each other by playing games on our phones. Our favorite is **Trivia Crack** (triviacrack.com), allowing us to virtually connect here and there as we take turns testing our knowledge about different topics. It's smart and silly enough that everyone can get into it."

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Colgate Total® products eliminate 15X[†] more bacteria to improve the health of your mouth

*The regimen fights germs, fortifies enamel and improves gum health. Results improve with continued use.

†vs. an antibacterial control regimen after 2 weeks regular use.

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special section



SHAMELESS PLUG

If you panic when your backup charger needs recharging, try the FluxMob Bolt. This USB-compatible battery pack plugs into a standard wall outlet for resuscitation; no keeping track of yet another cable. Phew!

Available in six colors, \$59.99; fluxmob.com



TECHSPERT OPINION

CARLEY KNOBLOCH

The digital stylist and founder of Carley K. (carleyk.com) doesn't want virtual clutter to take the fun out of a tech-tastic life. Here are her favorite tips for tackling spring cleaning 2.0.

PHOTO GLUT

"If you've got photos scattered on Flickr, Facebook, and various hard drives, try an aggregator like **ThisLife** (thislife.com). It takes your memories from multiple sources and organizes them in one timeline. It's also good to back them up in more than one place, like an external hard drive or a cloud service like **SmugMug** (smugmug.com). Finally, take your photos out of the digital shoebox and print a few!"

E-MAIL OVERLOAD

"Triage a bloated inbox by dragging e-mails older than four weeks into an 'archive' folder. You'll feel like you've lost 10 pounds. For new mail maintenance, fire up e-mail manager **Mailbox** (mailboxapp.com). There is no faster way to archive or delete. Just swipe, swipe, swipe."

PASSWORD PLETHORA

"Get yourself a password manager. I use **1Password** (agilebits.com). It's straightforward software, so you don't have to store your passwords online."



A square deal

Easy and affordable don't have to mean sacrificing quality. PrintStudio's cute, not-so-little squares (they're 4x4 inches) are popular because they're printable right from an app on your phone, filled with archival-quality goodness, and just \$12 for a set of 24 (\$16 for double-sided)! The laid-back outfit also offers a full range of print products.

printstud.io



PHOTO FINISH

Packing for your annual family picnic? Slip the Polaroid Zip between the snacks and sunscreen. This wireless mini printer syncs with your smartphone to produce wallet-size snaps on the spot—proof that Grandma Joan really did win the egg-and-spoon race.

Also available in white, \$129.99 for iOS, Android; polaroid.com

STAY IN THE KNOW

Check out our new innovation blog and get more great tips from these tech-savvy experts. BHG.com/SmartBlog



The object of **Twodots** is to connect dots into squares—and kill time. With charming graphics and 235 levels, check and check.

Free for iOS, Android; weplaydots.com



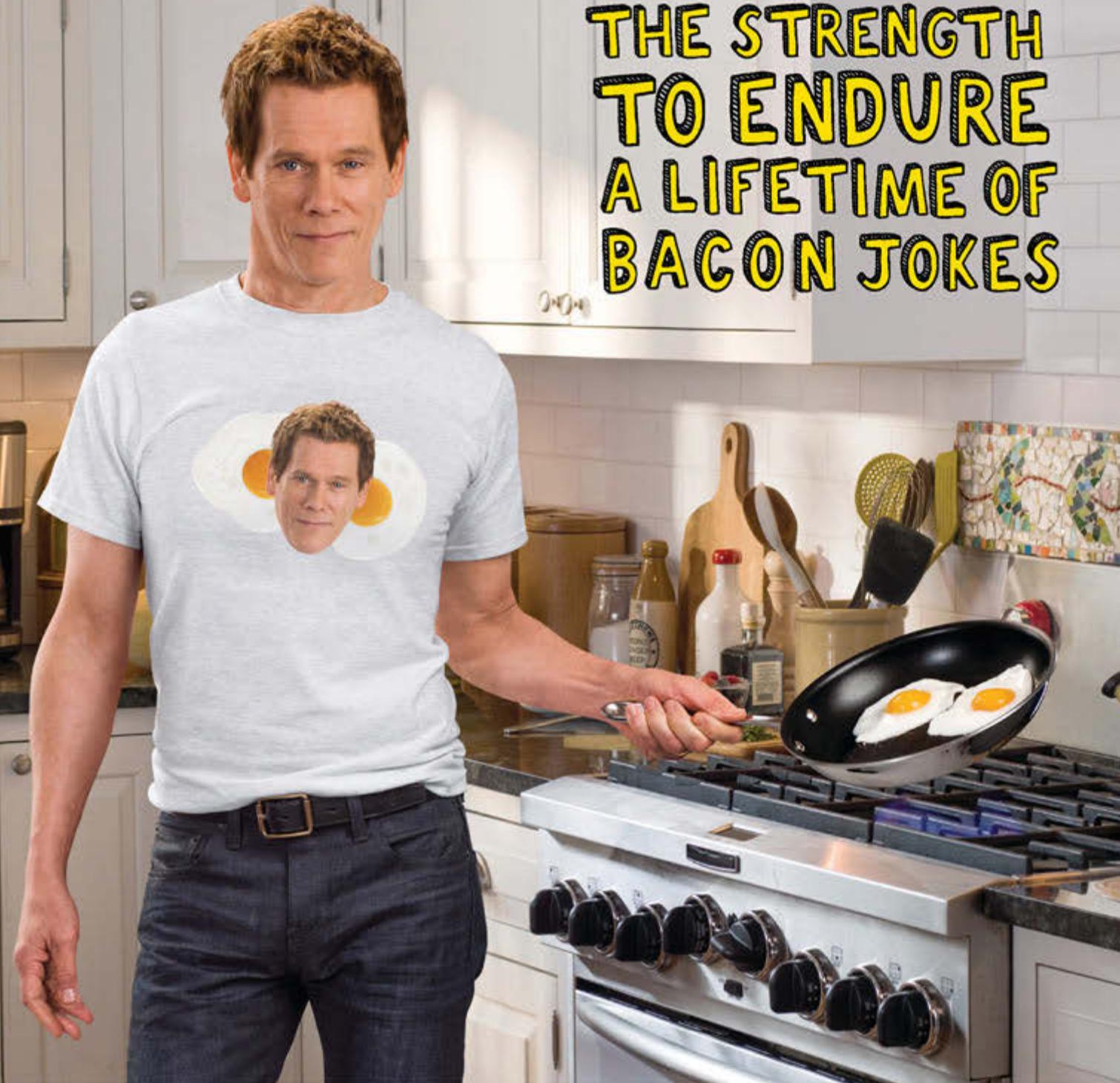
Maybe it's the magic number because you can't stop playing **Threes**. A lovely, mathy matching game.

\$1.99 for iOS, Android, Amazon; asherv.com/threes

GOOD VIBRATIONS
This cocktail ring takes calls! When selected contacts text or phone your cell, the Bluetooth-connected Ringly gently vibrates. On date night, you'll know if the babysitter needs you without checking a screen—or lifting a finger.

Available in Black Onyx, Pink Sapphire, Emerald, and Rainbow Moonstone in 18K matte gold-plated setting, from \$195 for iOS, Android; ringly.com

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TO ENDURE
A LIFETIME OF
BACON JOKES



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special section



EDITORS' CHOICE
2015

WATCH YOUR STEPS

What will they think of next? Withings Activité Pop is a new fitness tracker that also has the novel feature of telling time. It does everything the others do—tracks steps, strokes, sleep—while looking like nothing more than a stylish timepiece. It runs for eight months on a watch battery, so you'll always be ready for a workout.

Available in Bright Azure, Shark Grey, and Wild Sand, \$149.95 for iOS, Android; withings.com

CREATIVE OUTLETS

Score two for home safety: The Brio Safe wall socket (available in May) supplies current when it senses a plug, not your kid's pinkie. Later this year, the Brio Smart will add à la carte detectors for smoke, floodwater, and carbon monoxide, sounding an alarm and setting off mobile alerts in case of trouble. Safe, \$49 (\$99-\$186 with Smart add-ons); briohouse.com



SHINY, HAPPY PICTURES

Using your iPhone camera at night doesn't have to be a shot in the dark. The LED Expose Smart flash brightens pics and videos with up to 130 lumens in burst, strobe, or continuous mode. An app lets you tweak white balance and brightness to keep subjects from squinting.

Available in black, white, \$59.95 for iPhone; knog.com.au

on the page

Here's a novel idea: Instead of stealing your kid's Fire to read her copy of *Gabi, a Girl in Pieces*, try Amazon's Family Library feature. Two adults can sync accounts with up to four children to swap e-books, audiobooks, games, and apps among a suite of supported devices.

Free; for more info, go to amazon.com/help and search "Family Library" in the lower search bar. ■



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Designer Paige Sumblin Schnell's new book is full of the laid-back elegance she's known for. Steal the ideas in these three rooms to achieve her pretty, polished style in your home.



coastal-casual living room

SPARK CONTRAST

Pattern and color are showy, but you need rough and smooth texture to up the zing. Bracket a shell-covered fireplace with smooth painted cabinets, and let slick glass bottles shimmer atop weathered wood.

THINK BIG

Face two sofas toward each other to hold a crowd, but don't shortchange the space between. "The average coffee table is not big enough," Paige says. If you can't find one with the right heft, consider a dining table with legs shortened.

BRIGHT IDEAS

Illuminate your space with layers of lighting—from overhead fixtures to targeted task lights. Lamps glow warmly at eye level, and you won't go wrong with glass bases. They offer shape and sparkle but don't visually intrude—or block the view.

SPLASH!

Create a colorful anchor for the room with oversize art.

WIN THIS BOOK

On May 6, enter for a chance to win this book and a \$50 gift card. Details on page 158. BHG.com/Tracery



Featuring 19 homes that her Tracery Interiors studio has designed, Paige's book, *Tracery: The Art of Southern Design* (\$50, Abrams), offers approachable ideas you can bring home.

A close-up photograph of a woman with dark hair and a red jacket holding a ginger cat. The woman is smiling and looking down at the cat. The cat is looking directly at the camera with a slightly weary expression. The background is blurred green foliage.

"Ginger's food didn't even
have real meat."

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“ARCHITECTURAL TEXTURE, SUCH AS PANELING, makes white walls work. Choose a warm gray-white, which works with any palette.” **designer Paige Sumblin Schnell**



color-happy bedroom

FRAME UP

Painting the window trim energizes any room. All you need is a quart of paint. To emphasize what's outside, pick a dark hue like black or charcoal, which disappears when you look past it. To enhance what's inside, pluck an accent color (like this bold turquoise) from a fabric pattern or accessory.

UP THE VOLUME

Bold patterns make a small space sing. This energetic floral bounces from the windows to the bed, where it's joined by a large-scale trellis pattern. The two play well together because they share loose, large-scale patterns and an ivory background.

FLIP IT

A reversible duvet cover—one side basic white, the other a color from the room—makes a seasonal swap easier than making a bed. Ta-dal! A whole new look!

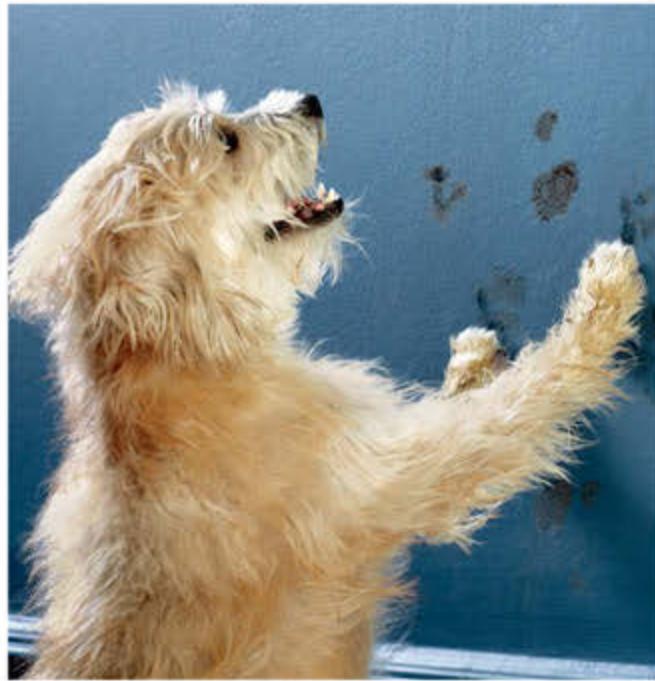
AT HOME WITH Paige Sumblin Schnell, founder of the design studio Tracery Interiors in Rosemary Beach, Florida.

PERSONAL STYLE “It's eclectic and collected, but with an eye toward things being cleaned up and simple. Architecture school taught me to edit, edit, edit.”

CAN'T LIVE WITHOUT “Unsweetened iced tea. Good old Lipton.”

MOM'S BEST ADVICE “Don't pass up roadside antiques shops. The dustier, the better. You never know what you'll find.”

HIDDEN TALENT “I'm a great cook. People really like my corn. I sauté fresh kernels in olive oil and add cream and fresh sage.”



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BELLY UP!

Adding brackets and a shelf turns this opening into a bar.

bright & fresh
entertaining spots



MAKE IT MODERN

Lose the fear of painting wood, even an old piece. Paige wiped the serious look off this dark German hutch but kept its cool details (finials, barley twist columns) by spray-painting it Houseplant by Sherwin-Williams. She also perked up a mauve armchair with tropical fabric and teal paint.

REACH UP

Make a room feel larger with elements that soar. A large painting and potted palm give height to the seating area that is opposite the dining table in Paige's Florida home. She chose tall coffee and side tables and lamps, too, so everything is elevated.

INSTANT TEXTURE

To conjure a cottage, nail 1x4 tongue-and-groove pine boards over the walls—drywall and all. Paint them with white semigloss, but don't fill the cracks so you can mine all the rustic character.

OPPOSITES ATTRACT

Draw guests to your gathering spot with an interesting dining combo. Shapely bent-plywood chairs contrast with the chiseled lines of the old oak pedestal table. "If I had chosen heavier chairs, you wouldn't see the table," Paige says. ■

YOUR STORY CAN CHANGE SOMEONE ELSE'S.



ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. Visit drugfree.org and join the "Stories of Hope" community.



Where families find answers

from hamper to hanger

The ladies behind **The Laundress** take the chore out of laundry with their line of eco-friendly soaps and the expertise that comes with a serious love for textiles. Let Gwen and Lindsey teach you their tricks.

BY NATALIE MCILWAIN | PHOTOS DAVID LAND
PRODUCED AND STYLED BY JESSICA THOMAS AND EDDIE ROSS

meet

GWEN L. WHITING

She's behind creative development and production, and her favorite item to wash is cashmere. "It never gets old—I love seeing my sweaters freshen and depill like new," she says.

meet

LINDSEY J. BOYD

The sales and marketing whiz, Lindsey loves washing her silk blouses and dresses by hand, eliminating the hassle (and cost!) of dry cleaning.



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CHORE NO MORE

Gwen and Lindsey's wisdom makes wash day (or days) easier. They've got tips for every stage in the process.

stain removal

Stubborn stains, dingy whites, or dull colors? Presoak with a color-safe oxygenated bleach, then use a highly concentrated pretreat solution and allow item to soak in a washbasin or sink.

» **USE HOT WATER** for durable fabrics such as cotton and linen.

» **USE TEPID WATER** for delicates such as silk and wool and a plant-based stain remover.

True Story: Lindsey saved her white sofa from a red wine spill during a party. She treated the spill with her stain solution, a lint-free cleaning cloth (no paper towels), and hot water. Voilà—no more stain. Talk about an amazing party trick!

» **THE LAUNDRESS PICK:**
Laundress Stain Solution, \$18;
thelaundress.com



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washing

DELICATES

Protect your delicates (lingerie, scarves) from tangles and snags by separating them in a mesh washing bag.

SOCKS

It never fails: You end up with an odd number of socks in your hamper. Secure your socks with safety pins to keep pairs united.

DARKS VS. LIGHTS

If you want the best results, separate your lights and darks and use the right detergent. A dark-specific detergent with color-safe agents will keep vibrant colors from fading, while a white-specific detergent with natural bleach alternative will brighten whites.

HEAVY HARDWARE

Keep your machine happy and healthy by washing items with buttons, zippers, and belts inside out or in mesh bags to avoid heavy items from banging directly against the drum.



DISTRESS-LESS

Launder denim, especially distressed styles, inside out to prevent further fraying.



IN PLAIN SIGHT

Tuck laundry essentials in a shoe organizer for easy access. *Overdoor Shoe Bag, \$24.99; Container Store*



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— NICK LACHEY



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drying

When in doubt, line dry. "Line drying helps preserve fibers, colors, shapes, and elasticity," Lindsey says. Plus, it saves energy. "We recommend a drying rack that allows knit items to lie flat while other items can hang."

► **THE LAUNDRESS PICK:** Honey Can Do Heavy-Duty Gullwing Drying Rack, \$43; available at Home Depot

ADD DRYER BALLS (or tennis balls) when drying down and down alternative to reloft feathers and prevent clumping.

ironing

For items that need to be ironed, remove them from the dryer while still damp for best results. Keep a spray bottle on hand to dampen fabrics before you iron. Gwen also recommends using a natural cornstarch-based spray starch. "This will give fabrics body, a higher resistance to soil, and make ironing easier," she says.

► **THE LAUNDRESS PICK:** Brabantia Ironing Board, \$99.95; available at Williams-Sonoma



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— NICK LACHEY



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- Ironing table
- Sweater comb and lint brush
- Dryer balls or tennis balls

FREE CHECKLIST

Make laundry easier with our printable checklist of essential laundry items and how to use them. BHG.com/LaundryList

Laundry innovation

These problem-solving new products make easy work of the laundry process:



STEAM DREAM

Go longer between dry cleanings with the Swash. In as little as 10 minutes, it dewrinkles and refreshes clothing. \$499; swash.com



TWO-IN-ONE

Tackle two loads at once with the LG Twin Wash. A separate drawer under the front-load washer handles small loads. Available in June; lg.com



SEPARATE SINK

The Activwash is topped with a built-in sink for pretreating or handwashing, perfect for a small space. \$899; samsung.com



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- Dove Men + Care Aqua Impact Body and Face Wash
- Dove Men + Care Sensitive + Face Lotion
- Dove Pure Care Dry Oil Nourishing Treatment
- Head & Shoulders with Old Spice Shampoo for Men
- Herbal Essences naked volume Dry Shampoo

- L'Oréal Paris Mousse Absolue
- L'Oréal Paris Voluminous Butterfly Mascara
- Olay Fresh Effects (Dew Over!) Hydrating Gel Moisturizer
- Olay Regenerist Luminous Dark Circle Correcting Hydraswirl
- OPI Glitter Off Peelable Base Coat
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- Dole Garden Soup
- Emerald 100 Calorie Packs Cashew Halves & Pieces
- gardein Golden Fishless Fillet
- Jack Link's Original Crinkle-Cut Pepperoni
- Jif Creamy Almond Butter
- Kikkoman Preservative Free Orange Sauce

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- Quaker Protein Instant Oatmeal Banana Nut
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- Sargento Ultra Thin Sliced Natural Pepper Jack Cheese
- Simply Sun Chips Sea Salted Multigrain Chips

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- Gillette Fusion ProGlide Manual Razor with FlexBall Technology
- Nature's Way Alive! Immune Gummies
- Old Spice Wolfthorn Anti-Perspirant & Deodorant
- Oral-B Black 7000
- Refresh Optive Advanced Lubricant Eye Drops
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- Sensodyne Complete Protection
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- Clorox Smart Seek Bleach
- Cree 100-watt LED Light Bulb
- Dawn Hand Renewal with Olay Beauty
- Downy UNSTOPABLES Dreams In-Wash Scent Booster
- Dyson Air Multiplier AM07 Tower Fan
- Febreze Sleep Serenity Moonlit Lavender Air Effects
- Finish Powerball Tabs Power and Free Dishwasher Detergent
- Friskies SauceSations Chicken & Turkey Dinner in Cheesy Sauce
- Milk-Bone Brushing Chews
- Mr. Clean Magic Eraser Toilet Scrubber
- NexGard
- Pledge FloorCare Multi-Surface Concentrated Cleaner
- Quilted Northern Ultra Plush Bath Tissue
- Swiffer Bissell SteamBoost
- Swiffer Sweep & Trap
- Tide Pods Free & Gentle
- Ultra Downy Infusions Sweet Dreams Liquid Fabric Softener
- Yankee Candle Smart Scent Vent Clip

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- Pampers Baby Sensitive Baby Wipes
- Pampers Swaddlers Diapers

garden KNOW-HOW

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It's easy to refresh a weather-worn deck. Get the job done fast and effectively with a pressure washer. The rewards are more than aesthetic—deep-cleaning and refinishing with either a sealer or a stain every few years can double the lifespan of a wood deck. Get step-by-step how-to. BHG.com/DeckRedo



SANDRA GERDES
BHG Test Garden Manager

TO-DO LIST

May is all-systems-go time in the Better Homes and Gardens Test Garden®. With the threat of frost gone in most regions, gardeners can dig into these timely tasks.

» KNOW YOUR "SAFE" PLANTING DATE

Not sure when the average last frost is in your area? Go to BHG.com/LastFrost. Follow the forecast, too.

» SOW GREENS Plant seeds of cool-season crops, including lettuce, spinach, radish, and peas.

» TRY SOMETHING NEW Pick one new perennial or shrub that you've never grown to fill an empty spot.

» MAKE REPAIRS Fix flagstone or brick pathways and patio surfaces that heaved up during winter.

» TAKE INVENTORY

Note which flowering bulbs didn't emerge and make plans to replace them in the fall. Use stakes to mark the spots.

» TIDY UP Trim back yellow foliage of early spring bulbs. Wait on any leaves that are still green—bulbs rely on the ripening process for food.

» SUPPRESS WEEDS Stay one step ahead of invaders. Mulch beds now, before perennials get big.

» PLANT SUMMER BLOOMS As soon as weather is reliably warm, plant summer annuals and tender bulbs.

BRING IN THE BEES

And the butterflies and the hummingbirds. Entice those much-needed pollinators with these favorites.



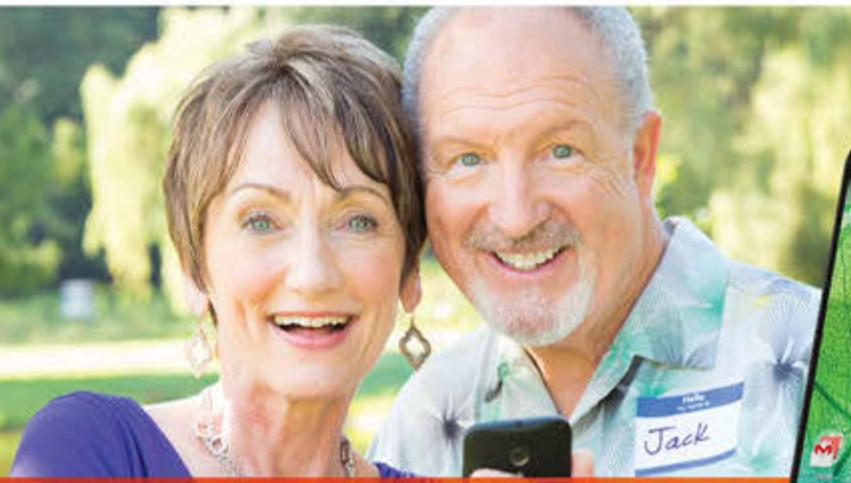
BEE BALM
Monarda didyma blooms in tones of pink, blue, red, or white. Foliage is fragrant, too. 12–36 inches; Zones 3–9



MILKWEED
Asclepias foliage is the sole food source for monarch caterpillars; blooms serve up nectar. 12–30 inches; Zones 3–9



PENSTEMON
Hummingbirds seek out these tubular blooms, which come in purple, white, blue, pink, and red. 3–5 feet; Zones 3–8



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-Nielsen Mobile Insights, Q4 '14



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HYDRANGEAS TWO HUES, ONE VARIETY

No need to show your bias for pink or blue. The new L.A. Dreamin' Hydrangea from Ball Ornamentals is the first macrophylla type to offer both colors on the same 5-foot-tall plant—without tinkering with soil pH. Available in garden stores nationwide this year.



VISIT A PUBLIC GARDEN

Celebrate National Public Gardens Day on May 8 by visiting one near you. Go to nationalpublicgardensday.org to find a participating garden in your area.

SPACE-SAVING TOMATOES

Looking for a tomato tailored for a container? Choose one of the compact or bush varieties, such as Early Girl, Celebrity, or Big Boy. These determinate types set one big crop, then stop growing.

► **PICK A POT** Choose a large container (5 gallons or bigger and at least 18 inches deep). Drill drainage holes in the bottom if needed.

► **SUN + WATER** Tomatoes need a minimum of six hours of sunlight a day. When the soil surface is dry, water until it drips out the bottom.

STACK 'EM UP
Repurposed concrete culvert rings create a container-like raised bed for a tomato plant.



PHOTOS: BLAINE MOATS

NexGard® (afloxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description: NEXGARD™ (afloxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afloxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afloxolaner has the chemical composition 1-Naphthaleneacoxamido, 4-[5-(3-chloro-5-trifluoromethyl)-1-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[2,2-trifluoroethyl]amino]ethyl.

Indications:

NEXGARD kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of Black-legged tick (*Ixodes scapularis*), American Dog tick (*Dermacentor variabilis*), and Lone Star tick (*Amblyomma americanum*) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration:

NEXGARD is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afloxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.		Administer the appropriate combination of chewables

NEXGARD can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NEXGARD and resume a monthly dosing schedule.

Flu Treatment and Prevention:

Treatment with NEXGARD may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NEXGARD should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

Treatment with NEXGARD may begin at any time of the year (see **Effectiveness**).

Contraindications:

There are no known contraindications for the use of NEXGARD.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:

The safe use of NEXGARD in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see **Adverse Reactions**).

Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afloxolaner, 200 administered active control), no serious adverse reactions were observed with NEXGARD.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of >1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limited and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afloxolaner		Oral active control	
	N ¹	% (n=415)	N ²	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

¹Number of dogs in the afloxolaner treatment group with the identified abnormality.

²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NEXGARD. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 10 days after the third dose of NEXGARD. The dog remained enrolled and completed the study. A third dog with a history of seizures received NEXGARD and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at www.fda.gov/animalveterinary/SafetyHealth.

Mode of Action:

Afloxolaner is a member of the isoxazoline family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afloxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afloxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:

In a well-controlled laboratory study, NEXGARD began to kill fleas four hours after initial administration and demonstrated >98% effectiveness at eight hours. In a separate well-controlled laboratory study, NEXGARD demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NEXGARD was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day 1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NEXGARD treated dogs, and 4-9 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, flea eggs from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs). In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NEXGARD against fleas on the Day 30, 60, and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NEXGARD kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NEXGARD demonstrated >94% effectiveness against *Dermacentor variabilis* and *Ixodes scapularis*, 48 hours post-infestation, and against *Amblyomma americanum* 72 hours post-infestation, respectively.

Animal Safety:

In a margin of safety study, NEXGARD was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation test), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NEXGARD was used concomitantly with other medications, such as vaccines, antihelmintics, antibiotics (including topical), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NEXGARD with other medications.

Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:

NEXGARD is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afloxolaner. Each chewable size is available in four color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406. Approved by FDA.

Marketed by: Frontline Vet Labs™, a Division of Merial Limited.

Duluth, GA 30096-4640 USA

Made in Brazil.

105-4493-92

Rev. 1/2014

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Chew on this fleas & ticks



**NexGard® from the makers of FRONTLINE® Plus.
The only soft, beef-flavored chew for dogs that kills
both fleas and ticks.**

And it keeps killing for a full 30 days. Fleas and ticks hate it.

Vets recommend it.¹ And dogs, well, they're begging for it.²

For more information, ask your vet or visit NexGardForDogs.com.

IMPORTANT SAFETY INFORMATION

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

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Keep track of what's sprouting where with these Plant Picket Garden Markers. Made from reclaimed redwood, the 9x1-inch stakes weather the elements year-round. Available in a variety of themes, including vegetables (below), flowers, herbs, berries, fruit, and beneficial bugs. \$9 each or \$20 for three; plantpicket.com



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robot mower!**

Be the first on your block to own a Robomow RS622. Go to BHG.com/Robomow to enter. Details on page 158.



**NEW
SPIREA**

Part of the Better Homes and Gardens® Flowering Shrub Collection, the Shazam Gold spirea, left, wows us with red foliage that matures to yellow, and pretty pink blooms. Stays compact at 20–30 inches. Zones 4–8. Available at many Walmart stores. ■

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*Than our regular litter



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new



brushes off



moisturizes



life in
COLOR
/ MAY /



GO BAREFOOT
FRESH AIR
BRIGHT
READ WARM
CATNAP
SUN *lean back*
PORCH PARTIES
DREAM SMELL THE
FLOWERS



— KEEPING IT —
real

There's no trying to mask daily life in this edgy California

New York transplants Lisi and Kevin Harrison, *opposite*, merged California cool with East Coast chic. The mudroom, *this photo*, has the sophistication of a foyer and the smarts to keep skateboards ready for action.



cottage. Skateboards are as welcome as the pretty stuff.



FICTION IS REALITY

for Lisi Harrison—wife, mom, and best-selling author. So it's not surprising that she takes a little creative license when describing life in her Laguna Beach, California, home. "That's our Norman Rockwell zone," she says with a laugh as she motions to the living room. "Kids nestled by the fire, everyone airbrushed and looking perfect." Joking aside, Lisi has a pretty good grip on reality. She moved the dining table out onto a deck (hello, California living!), freeing up the seldom-used formal dining area to become an extra hang spot (page 94) for her husband, Kevin, and sons Luke and Jesse. "The table just ended up having magazines or jackets on it," she says. "So I thought, *Who are we kidding?*" And about the TV room's white slipcovered sectional, which wears a few stains: "It's Reality Couch. It shows the patterns of our lives."

Other patterns that emerge are purposeful, such as room-warming woods and fun punches of color. "The house was like a giant white marshmallow when we moved in," Lisi says. The one exception was a modern orange bathtub, a seemingly random element that added to the 1931 cottage's quirkiness and helped seal the deal for Lisi on her first walk-through. "I'm drawn to the orange bathtubs of life," she says. "This house is unexpected—it's not one-note. It's relaxed with a bit of an edge."



"It's a very social house," Lisi says. The backyard, top, with simple platform decks, is a hub for neighbor kids. With a wall of hedges removed, above, the front welcomes, too.



The view toward the living room fireplace wall, *this photo*, is Lisi's favorite. "I love wood," she says. "It's like each piece tells its own story. It's so fluid and feels alive."

"We needed the mentality of a well-thought-out house with good flow. But we also wanted the attitude of a quirky cottage."

homeowner Lisi Harrison

A platform sectional snugs into the corner of what was the dining area. "I'm all about comfort," Lisi says. The painted iron chandelier is a holdover from the space's dining days.





“The house feels like this ongoing chain letter, where every owner puts their stamp on it,” Lisi says. Her and Kevin’s contributions include removing a wall and remodeling the kitchen, *above*. The laptop station has the rustic look Lisi loves, as does the live-edge table, *left*. The eating area reflects her high-low decorating: glass pendants (the high) with \$45 chairs. Eye-popping barn-style doors, *right*, are the first step toward making the garage an indoor-outdoor space.



"I think my decorating style is peaceful, with one piece that grabs attention and says: 'Look at me. I'm the star. I'm fabulous.'

Lisi Harrison

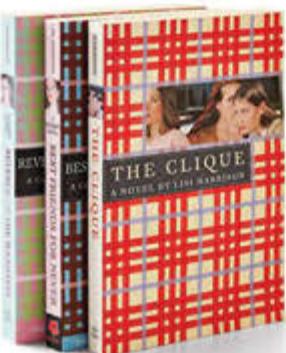


Everyday moments (like boys in tub) equal fun art. Surrounded by white, the pics look artsy.



Under-eaves space in the TV room is now a climb-up kid getaway, *opposite*. "We might have a third kid we didn't know about up there," Lisi jokes. In the hallway, *this photo*, built-ins and a window seat add function.

The master bath's existing orange tub, *right*, had Lisi at hello. "The style has nothing to do with the house; it's just this great surprise," she says. Barn-style doors, *below right*, punch up the all-white bedroom.



BOOK NOTES

When she's not shuffling kids to soccer practice or doing house stuff, Lisi is writing.

Her best-selling young adult series, *The Clique*, turned her writing hobby into a career a decade ago (and spawned her subsequent series *Alphas*, *Monster High*, and *Pretenders*). Lisi gets her creative juices flowing in an office near her home. "It has no pictures of my family—nothing," she says. "I need everything to fade away." ■



slice of paradise

A landscape designer turns her narrow backyard into a private getaway.

BY JANE AUSTIN MILLER | PHOTOS LAURIE BLACK





THE LONGEST YARD is how Lynn Wolfstone views her 160×24-foot Portland, Oregon, backyard—a thin place she once described as a “bowling lane.” “My husband and I wanted to create a lush, secluded retreat,” Lynn says, but an existing privacy fence boxed them in. Lynn’s sustainable design preserves the enclosure while loosening its straitjacket grip on the yard. Colorful, freestanding walls visually expand the space by dividing it into three intimate “rooms”—a dining patio, a lounging area, and a hideaway. Small trees and shrubs snuggle in between. The lovely result: A narrow escape that’s right up their alley.



Steal these ideas for your yard

ROOMY FURNITURE

Carry the look and comfort of an indoor family room to the patio with all-weather wicker, deep cushions, and punchy outdoor fabrics. Need an economical option? Check out the Crosley outdoor wicker lines; walmart.com

CONSTANT COLOR

Add brilliance beyond seasonal blooms. Lynn unifies interior and exterior spaces by repeating her indoor palette in outdoor pillows, pots, and wall colors. Tip: Locate vibrant vignettes where they can be seen through windows.

SUSTAINABLE SURFACE

Limit or eliminate pricey poured concrete. Cheap crushed $\frac{1}{4}$ -inch basalt packs down to create a stable (and no-care) patio surface for furniture and foot traffic. "It can be dressed up with inset natural stones," Lynn says.



LILY OF THE NILE
Spectacular in a pot, this summer-blooming beauty is hardy to Zone 7; it can be overwintered indoors in colder regions.



BONUS SEATING
Built-in or free-standing, a bench along the edge of a patio adds seating and defines the space.

WATER MUSIC
Turn on nature's tunes. Lynn's custom bubbler, above right, is made from a stone slab atop a concrete box that houses the pump. DIY option: Turn a pot into a water feature with the Smartpond Container Fountain Kit; lowes.com

FIRE FEATURE
Extend the patio season with a cozy heat source. Lynn splurged on a custom gas fire table, left. Get similar ambience from an affordable fire pit. Check out options from the Outdoor GreatRoom Company; walmart.com

Lynn's pro tricks

It might appear that magic has a hand in this design, but Lynn's seasoned strategies are easy to adopt in any backyard.

WALL IT OFF

Have a messy potting area? Hide it, as Lynn did here, behind a panel that doubles as a staging area for containers.



GROUP DYNAMICS

A collection of containers, anchored by a Japanese fatsia in a tall pot, provides high impact with little effort.

For complete buying information:
BHG.com/Resources

JUST AN ILLUSION

A trellised mirror on one side of this wall panel plays a visual trick, concealing a seating area on the other side, opposite.



“NIGHT LIGHTING adds a whole new opportunity for focal points. Pots, trees, and accent walls are lit up at night for a completely different visual experience of the garden.”

Lynn Wolfstone

GLOW STICKS
Battery-powered push lights glimmer inside. Green Conical Contemporary Garden Light Stakes, \$36.96 for two; zeckos.com ■

**WIDE +
OUTSIDE**

An extra-roomy seat and weatherproof wicker make this the go-to patio chair.

BY DIANA DICKINSON | PHOTO PETE KRUMHARDT | PRODUCED BY SCOTT J. JOHNSON

Thanks to these colorful, curvy, and oh-so-casual outdoor

CHEAP SEATS

Sturdy and easy to store, these \$30 folding bistro chairs are perfect for outdoor parties.

PULL UP A CHAIR

On wall, *left to right*: Hot Mesh Chair in Humble Red, \$129; bludot.com. Threshold Bryant Faux Wood Patio Folding Chair, \$55; target.com. Hot Mesh Chair in Simple Blue, \$129; bludot.com. Malaro folding chair in Red, \$30; ikea.com.

On ground, *left to right*: White Sirmione chair, \$179.99; worldmarket.com. Round Metal Chair in Red by Skalny, \$92; burkedecor.com. Threshold Afton Metal Stacking Chair in Coral, \$55; target.com. Gracie Outdoor Retro Spring Chair in Caribbean Blue, \$99; bellacor.com. Marca Stacking Dining Side Chairs in Green, Blue, and Orange, \$87.99 each; wayfair.com.

Pillows, *left to right*: Jahan Decorative Pillow, \$125; johnrobshaw.com. Sunbrella Sunset Boulevard Pillow, \$51; chloeandolive.com. Two-Tone Pillow in Sunbrella Canvas in Ocean and Charcoal, \$40; roomandboard.com. ■

chairs, the forecast for your patio is sunny and bright.

Summer Spaghetti Salad

Spaghetti, string cheese, and swirls of squash "noodles" get the freshest tomato topping.



ROCK THE *potluck*

The season's here—whatcha gonna bring? May we suggest one of these 12 scene-stealers?



Marinated Manchego & Oranges

Infuse cheese and oranges with pepper and thyme, toss tomatoes on, and dig in!



Sweet Potato Deviled Eggs

Upgrade eggs with updated mix-ins: shredded sweet potato and Mexican crema. Olé!



Triple Ruby Relish

The season's go-with-everything condiment is a balsamic-scented medley of watermelon, strawberries, radish, and mint.

Avocado & Caramelized Pineapple

A delicious ode to the crisp, cool, sweet, and spicy flavors of summer.



Confetti Corn Salad

Introduce corn and melon to a silky coconut dressing and embrace the flavor explosion.



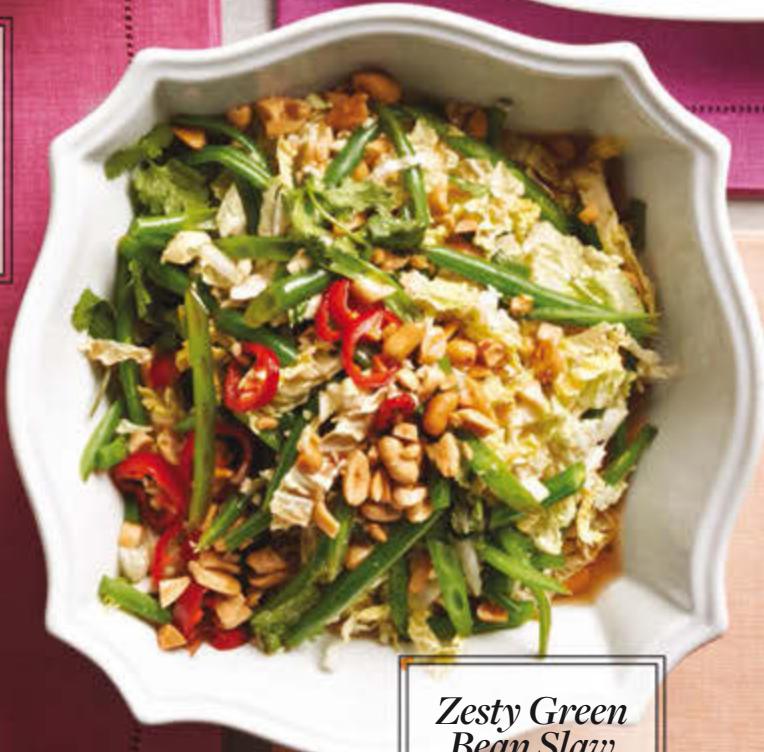
Basil & Olive Potatoes

Chunky potatoes and peppers are bathed in a warm basil dressing and tossed with olives.



Zesty Green Bean Slaw

All the required crunch featuring napa cabbage, green beans, chopped peanuts, and a tangy dressing.



Grilled Polenta & Greens

This savory cake is grilled until crisp and topped with a flurry of berries and feta cheese.



CAN A RECIPE MAKE YOU LOOK GOOD? You bet! With party-size flavor, these big-batch dishes not only feed a crowd but help you stand out in one,



From a zesty batch of wings to a new take on baked beans, we're **BRINGING SOMETHING NEW TO THE PARTY.**

Deep & Smoky Baked Beans

Everything we love about baked beans, plus shredded pork and a molasses sauce.

Sweet & Spicy Party Wings

Honey and hot pepper glaze on ultracrispy oven-baked wings is a crowd-pleaser.

Farro & Fruit Salad

As far as grain salads go, this make-ahead version with blueberries and lemon vinaigrette is tops.





Smoke-housed for 12 hours. Lasts 12 seconds.

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food



FISH TACOS WITH ROASTED TOMATO SALSA

Recipe on page 116

fish tacos

What's the catch? There is none.

Making this food truck fare is simpler than you think. Chef Marc Murphy grills up two fresh takes.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS
FOOD STYLING JILL LUST



CITRUS-
MARINATED
FISH TACOS

Recipe on page 116

IT'S ALL ABOUT THE FISH

Here's what you need to know to get it right.

THE CUT Start with any flaky whitefish—we love cod, halibut, and sea bass. If you can find red snapper, that's great, too. You want a cut that's firm enough to stand up on the grill.

DRY Use paper towels to dry the fish before seasoning or marinating. And even when you think it's dry, dry it some more. Excess water prevents the seasoning from really sinking in and will cause the fish to steam rather than get a deliciously crisp char.

OIL Seasoned fish should be lightly oiled. Marinated fish should be gently shaken to release excess. You don't want sticking, but too much oil can cause flare-ups.

FLIP When the edges turn up slightly, it's ready to flip. A flat metal spatula, sometimes called a fish spatula, works best.

FLAKE Press a fork into the flesh of the fish and twist gently. If it flakes easily, it's done.



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LARRY THE
CABLE GUY
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†Symphony Health Solutions ProVoice[™] Survey, Jan. 2005-Mar. 2014. ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006-2014

**P&G Calculation based on Nielsen ScanTrack FD+, 2004-2014

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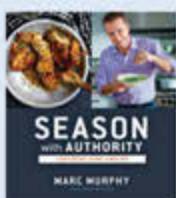
Marc Murphy

OFF THE CHOPPING BLOCK

Marc is owner of four popular New York City restaurants, including the widely acclaimed Landmarc. You'll probably recognize him as a judge on Food Network's *Chopped*, where he's appeared since 2009.

MORE FROM MARC

His first cookbook, *Season with Authority: Confident Home Cooking* (\$30, Houghton Mifflin Harcourt), helps home cooks take comfort food to the next level. Think Deviled Eggs with Fried Oysters or Smoked Mozzarella and Ricotta Fritters, among others.



PHOTOS: (MARC, COOKBOOK) CEDRIC ANGELES

Citrus-Marinated Fish Tacos

START TO FINISH 35 min.

- 1 lb. fresh or frozen firm skinless whitefish fillets, such as cod, halibut, or sea bass
- ½ cup orange juice
- 1 Tbsp. honey
- 1 jalapeño chile pepper, chopped
- 1 clove garlic, minced
- 1 6-oz. container plain Greek yogurt
- 1 Tbsp. lemon juice
- ½ English (seedless) cucumber, chopped (1 cup)
- 8 6-inch flour or corn tortillas

1. Cut fish into 8 equal portions. In a shallow dish combine orange juice, honey, jalapeño, and garlic. Add fish. Cover; let stand 15 minutes, turning once.
2. Preheat grill pan. Drain fish, discarding marinade. Sprinkle with ¼ tsp. *salt*. Grill in a grill pan or grill rack over medium heat 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once.
3. In a small bowl stir together yogurt, lemon juice, and cucumber. Warm tortillas in the pan or on grill rack. Top each tortilla with fish. Sprinkle with shredded lettuce and *jalapeño slices*. Top with yogurt mixture. Makes 4 servings.

EACH SERVING 301 cal, 9 g fat, 70 mg chol, 370 mg sodium, 27 g carb, 3 g fiber, 28 g pro.

Fish Tacos with Roasted Tomato Salsa

START TO FINISH 45 min.

Roasted Tomato Salsa

- 2 medium tomatoes, cut into wedges
- ½ large red onion, cut into wedges
- ¼ cup olive oil
- ½ cup packed cilantro leaves
- 1 to 2 tsp. chipotle pepper in adobo sauce

Tacos

- 1 lb. fresh or frozen firm skinless whitefish fillets, such as cod, halibut, or sea bass
- 1 Tbsp. olive oil or vegetable oil
- 1 tsp. ground cumin or chili powder
- 8 6-inch flour or corn tortillas
- ¼ cup sour cream

1. For Roasted Tomato Salsa, preheat oven to 450°F. Place tomatoes and onion in a shallow foil-lined baking pan. Drizzle with 1 Tbsp. of the oil. Sprinkle with ¼ tsp. *salt*; toss to coat. Roast 20 to 30 minutes or until browned. Cool slightly. In a food processor place roasted vegetables and cilantro. Process until smooth, gradually adding remaining oil with motor running. Add chipotle to taste.

2. Preheat grill pan. Meanwhile, for tacos, brush fish with oil. Season with cumin, ½ tsp. *salt*, and ¼ tsp. *ground black pepper*. Grill in a grill pan or grill rack over medium heat 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once.

3. Warm tortillas in the pan or on the grill rack. Serve fish in tortillas with sour cream, Roasted Tomato Salsa, *radish slices*, and *cilantro*. Makes 4 servings.

EACH SERVING 359 cal, 17 g fat, 53 mg chol, 795 mg sodium, 27 g carb, 1 g fiber, 25 g pro. ■

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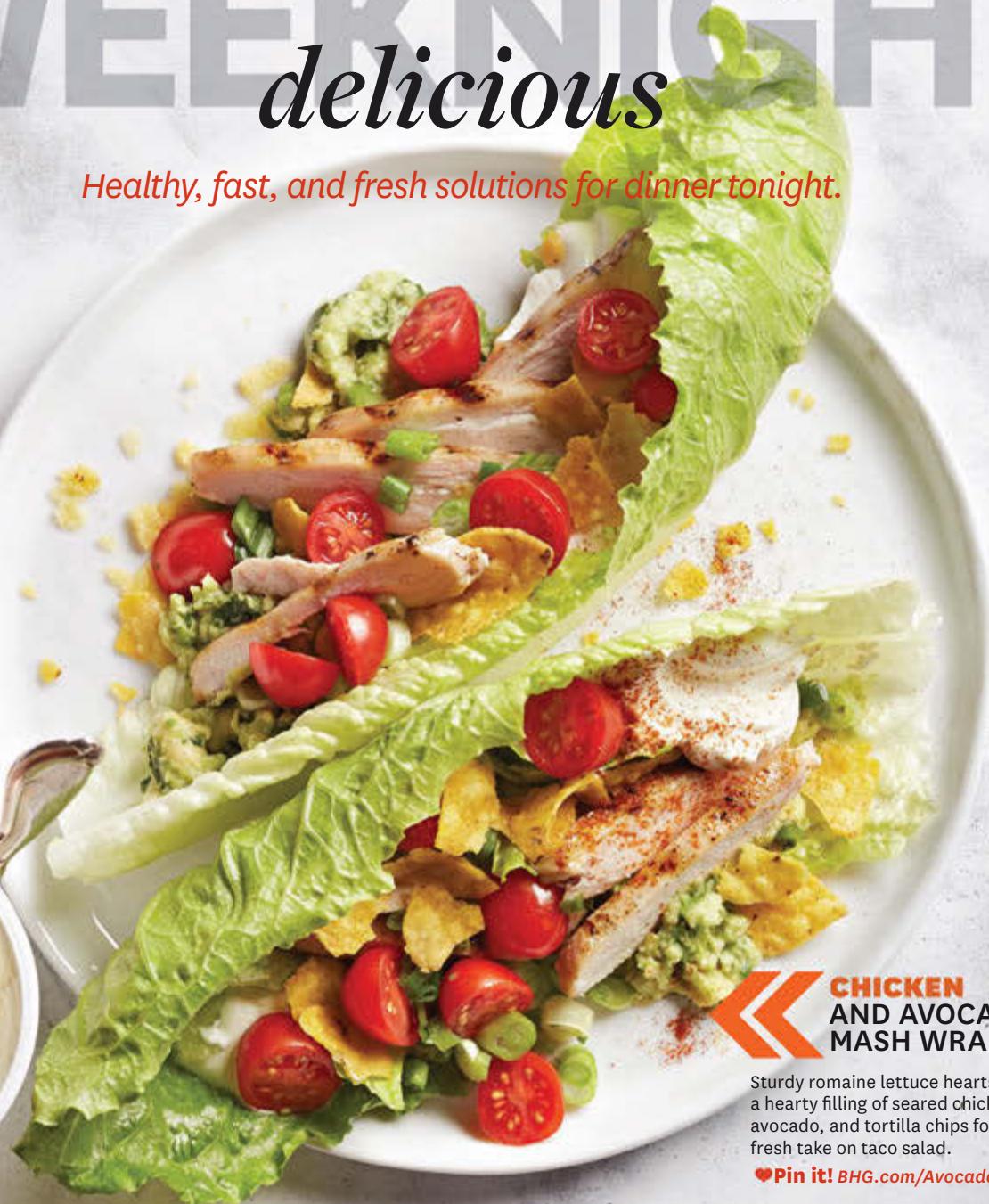
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CHICKEN AND AVOCADO MASH WRAPS

Sturdy romaine lettuce hearts hold a hearty filling of seared chicken, avocado, and tortilla chips for a fresh take on taco salad.

Pin it! BHG.com/Avocado

WHAT YOU NEED

- 1 lb. skinless, boneless chicken breast halves, flattened to $\frac{1}{2}$ -inch thickness
- 2 avocados, halved, pitted, peeled, and coarsely mashed
- $\frac{1}{2}$ cup chopped fresh cilantro
- 2 limes
- 8 romaine leaves
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup thinly sliced green onions
- $\frac{1}{2}$ cup grape tomatoes, halved
- Tortilla chips, crushed (optional)

1. Heat a grill pan coated with *nonstick cooking spray* over medium-high heat. Season chicken with *salt* and *pepper*. Cook chicken 8 to 10 minutes or until done (165°F), turning halfway through. Remove to a cutting board. Cover; let stand 3 minutes. Thinly slice.

2. In a bowl combine avocados, cilantro, and juice of 1 lime. Spoon equal amounts of avocado mixture onto each lettuce leaf. Top each with chicken. Halve remaining lime; squeeze over chicken. Top with sour cream, green onions, tomatoes, and tortilla chips. Makes 4 servings.

EACH SERVING 316 cal, 18 g fat, 95 mg chol, 353 mg sodium, 12 g carb, 7 g fiber, 29 g pro.

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WHAT YOU NEED

- 1 16- to 17.6-oz. package shelf-stable potato gnocchi
- 1 14- to 16-oz. package uncooked sweet Italian-flavored chicken sausage links, sliced $\frac{1}{2}$ inch thick
- 1 medium yellow sweet pepper, seeded and chopped
- $\frac{1}{2}$ cup onion, cut into slivers
- 2 cloves garlic, minced
- 2 roma tomatoes, sliced
- 1 cup arugula

1. Cook gnocchi according to package directions. Drain, reserving $\frac{1}{3}$ cup liquid. Set gnocchi and liquid aside.

2. In a large skillet cook and stir sausage slices, sweet pepper, onion, and garlic over medium-high heat for 3 minutes. Add gnocchi, tomatoes, arugula, and reserved liquid to skillet. Heat through, gently stirring mixture occasionally. Makes 4 servings.

EACH SERVING 368 cal, 9 g fat, 76 mg chol, 911 mg sodium, 50 g carb, 5 g fiber, 22 g pro.

GNOCCHI AND SAUSAGE



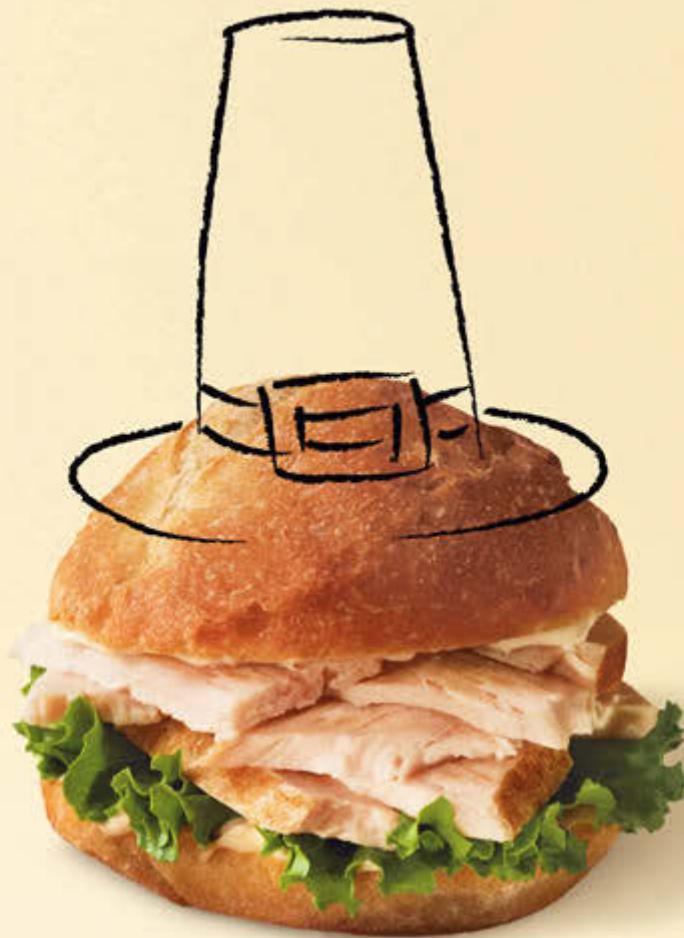
Take something hearty like gnocchi and lighten it up with a saucy toss of fresh tomatoes, sweet pepper, and zesty arugula.

Pin it! BHG.com/Gnocchi



EASY SWITCH-UP

Sausage is the flavor backbone of this dish, so try different varieties.



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 **LEMON BAKED
FISH WITH DILL
PANKO TOPPING**

Baking fish over lemon slices means fresh citrusy flavor with every bite. Try this method with oranges or limes for a similar effect.

 **Pin it!** BHG.com/Cod

WHAT YOU NEED

- 1 lemon
- 4 6-oz. cod or tilapia fillets, rinsed and patted dry
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. butter
- $\frac{1}{2}$ cup panko bread crumbs
- 2 Tbsp. chopped fresh dill weed

1. Preheat oven to 425°F. Finely shred peel from lemon; set aside. Halve lemon. Thinly slice one lemon half.

Coat a shallow baking pan with *nonstick cooking spray*. Arrange lemon slices in a single layer in prepared pan. Arrange fish over lemon slices. Brush with 1 Tbsp. of the oil. Season with *salt* and *pepper*. Bake 15 to 18 minutes or until fish flakes easily.

2. Meanwhile, melt butter in a large skillet over medium heat. Add panko; cook 1 to 2 minutes or until golden brown, stirring constantly. Remove from heat. Add remaining 1 Tbsp. oil, dill, and reserved lemon peel; toss to coat. Transfer fish to a serving platter; discard lemon slices. Squeeze remaining lemon over fish. Top with bread crumb mixture. Makes 4 servings.

EACH SERVING 253 cal, 11 g fat, 81 mg chol, 283 mg sodium, 6 g carb, 0 g fiber, 31 g pro.

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ALEXIA

**GRILLED SIRLOIN
AND PEPPER
PASTA SALAD**

Steak, peppers, blue cheese, and pasta—the gang's all here. We can't wait to fire up the grill for this crowd-pleasing summer dinner.

Pin it! BHG.com/Sirloin

**WHAT YOU NEED**

- 6 oz. dried multigrain rotini pasta
- 8 oz. fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1 lb. boneless beef sirloin steak
- ½ 16-oz. package miniature sweet peppers (about 10 peppers)
- ½ cup canola oil
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon-style mustard
- 2 tsp. honey
- 2 oz. blue cheese, crumbled

1. Cook pasta according to package directions, adding asparagus the last 2 minutes of cooking. Drain. Rinse with cold water; drain again.
2. Meanwhile, heat a grill or grill pan coated with *nonstick cooking spray* over medium-high heat. Add beef; cook 8 to 10 minutes or until desired doneness, turning halfway through. Transfer to a cutting board. Cover with foil.
3. Coat peppers with *nonstick cooking spray*. Grill 5 to 7 minutes or until lightly charred, turning frequently.
4. In a large bowl whisk together oil, vinegar, mustard, honey, ½ tsp. salt, and ¼ tsp. pepper. Thinly slice steak; add to bowl. Add pasta mixture to bowl; toss gently to coat. Sprinkle with cheese.

Makes 4 servings.

EACH SERVING 618 cal, 36 g fat, 94 mg chol, 598 mg sodium, 39 g carb, 5 g fiber, 35 g pro. ■

All Natural
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All-natural
sweet potatoes
with a hint of
sea salt.



**ASPARAGUS FALAFEL**

In a food processor combine **one 15-oz. can rinsed and drained chickpeas**, $\frac{3}{4}$ cup chopped asparagus, 2 Tbsp. flour, 2 Tbsp. parsley, 1 Tbsp. olive oil, 3 garlic cloves, 1 tsp. ground cumin, $\frac{1}{4}$ tsp. salt, and $\frac{1}{8}$ tsp. pepper. Process until mixture holds together. Shape into 8 patties. Press **chopped asparagus pieces** into tops. In a large skillet heat 2 Tbsp. oil over medium-high heat. Cook patties 2 to 3 minutes per side or until browned. Serve with mixed greens and goat cheese. Makes 4 servings.

**ORANGE ASPARAGUS AND CALAMARI**

In a large skillet cook 1 lb. chopped asparagus, $\frac{1}{2}$ lb. calamari, 2 tsp. toasted and crushed coriander seeds, 3 strips orange peel, and $\frac{1}{2}$ tsp. salt in 2 Tbsp. hot olive oil over high heat. Cook, stirring frequently, 4 minutes or until asparagus and calamari are tender; remove. Stir in **segments from 2 oranges**. Top with $\frac{1}{4}$ cup **toasted panko bread crumbs**, fresh parsley, and **crushed red pepper**. Makes 4 servings.

new ways with



asparagus

LOADED ASPARAGUS HASH BROWNS

In a bowl combine $\frac{1}{2}$ lb. asparagus, cut into matchsticks; 3 cups frozen shredded hash browns; and $\frac{1}{4}$ tsp. salt. In a skillet heat 2 Tbsp. olive oil over medium-high heat. Add asparagus mixture; press top with a spatula. Cook 5 to 7 minutes without stirring. Invert onto a baking sheet to flip; return to skillet. Cook 4 to 6 minutes more or until browned. Top with 2 American cheese slices. Serve with sautéed chopped asparagus, red sweet pepper, onion, cooked Andouille sausage slices, and pickled jalapeños. Makes 4 servings.

**ASPARAGUS-WHITE BEAN GRATIN**

In an oven-going skillet stir together 1 cup half-and-half, 1 Tbsp. lemon zest, 1 tsp. minced garlic, and $\frac{1}{4}$ tsp. salt. Stir in **two 15- to 19-oz. cans rinsed, drained cannellini beans** and $\frac{1}{2}$ cup **Parmesan**. Bring to boiling. Reduce heat. Simmer, uncovered, 3 to 5 minutes or until slightly thickened. Wrap 1 lb. **asparagus spears** in bundles of three or four with **prosciutto slices**; place on bean mixture. Sprinkle with $\frac{1}{4}$ cup **Parmesan**. Broil 4 to 6 inches from heat 8 minutes or until browned and tender. Makes 4 servings. ■





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ROCK THE potluck

Recipes from our feature story beginning on page 106.

Summer Spaghetti Salad

START TO FINISH 50 min.

1/2 cup olive oil
3 cloves garlic, sliced
1 12-oz. package spaghetti, broken in half
3 cups reduced-sodium chicken broth
1 medium zucchini, ends trimmed
1 medium yellow summer squash, ends trimmed
6 sticks string cheese
4 cups cherry tomatoes, chopped
1 large onion, finely chopped (1 cup)
1 cup chopped fresh Italian flat-leaf parsley
1/4 cup red wine vinegar
1/2 cup walnut halves, toasted

1. Heat 2 Tbsp. of the oil in a 12-inch skillet over medium heat. Add garlic; stir 1 minute. Add pasta; toss to combine. Add broth. Cook, uncovered, over medium heat 10 minutes or until liquid is nearly absorbed, stirring occasionally. Remove from heat. Let cool 10 minutes. Transfer to a large bowl. Meanwhile, using a spiral vegetable slicer, cut zucchini and yellow squash into strands; snip into shorter lengths, if desired. Add to spaghetti. Let cool completely. Pull cheese into thin strands; chill until serving.

2. In a small bowl toss together tomatoes, onion, parsley, 1 tsp. *kosher salt*, $\frac{1}{2}$ tsp. *pepper*, remaining oil, and vinegar. Add cheese to spaghetti mixture. Top with tomato mixture and walnuts. Makes 10 servings.

EACH 1/2-CUP SERVING 335 cal, 19 g fat, 9 mg chol, 443 mg sodium, 33 g carb, 2 g fiber, 12 g pro.

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Marinated Manchego & Oranges

PREP 5 min. MARINATE 4 hr. STAND 1 hr.

8 to 10 oz. Manchego cheese, cut into wedges
1 orange, thinly sliced
4 to 5 sprigs fresh thyme
1/2 tsp. fresh cracked black pepper
1 cup olive oil
3 to 4 small assorted tomatoes, sliced
1/2 cup almonds, toasted and chopped

1. Place cheese, orange slices, thyme, and pepper in a wide-mouth pint jar. Add olive oil. Cover; chill 4 hours or up to 3 days. Let stand at room temperature 1 hour before serving.

2. To serve, arrange cheese and oranges on a platter. Top with tomatoes, additional *fresh thyme*, and almonds. Drizzle with remaining *olive oil*. Makes 10 servings.

EACH SERVING 206 cal, 18 g fat, 22 mg chol, 196 mg sodium, 5 g carb, 2 g fiber, 8 g pro.

Triple Ruby Relish

START TO FINISH 30 min.

16 oz. strawberries, hulled and chopped
6 radishes, cut into strips
1/2 cup chopped watermelon
3 Tbsp. white balsamic vinegar
1 to 2 Tbsp. snipped fresh mint

In a large bowl combine strawberries, radishes, and watermelon. Add vinegar. Let stand 10 minutes. Drain. Toss with mint. Makes 3 cups.

EACH 1/4-CUP SERVING 22 cal, 0 g fat, 0 mg chol, 1 mg sodium, 5 g carb, 1 g fiber, 0 g pro.

Sweet Potato Deviled Eggs

START TO FINISH 30 min.

1 cup peeled, shredded sweet potato
1/2 cup Mexican crema or sour cream
1/2 tsp. bottled hot pepper sauce
2 green onions, sliced
1 jalapeño pepper, stemmed, seeded, and finely chopped
6 hard-cooked eggs, halved

1. Place potato in a small microwave-safe bowl; add 1 Tbsp. water. Cover with waxed paper. Microwave on 100 percent power (high) 3 minutes or until tender. Let cool.

2. In a medium bowl combine crema and hot pepper sauce; set aside 1 Tbsp. Add potato, onions, jalapeño, $\frac{1}{2}$ tsp. *salt*, and a pinch of *pepper* to remaining crema mixture. Remove yolks from eggs; add to potato mixture. Mash with a fork. Spoon potato mixture into egg whites. Drizzle with reserved crema mixture. Top with additional *green onions*. Makes 12 servings.

EACH SERVING 69 cal, 5 g fat, 102 mg chol, 147 mg sodium, 3 g carb, 0 g fiber, 4 g pro.

Avocado & Caramelized Pineapple

START TO FINISH 40 min.

2 Tbsp. sugar
1/2 tsp. hot chili powder
1 3-lb. pineapple, peeled, cored, and cut into 1-inch-thick slices
1/3 cup olive oil
1/3 cup white wine vinegar
1/3 cup orange juice
1/4 cup snipped fresh cilantro leaves
2 cloves garlic, minced
1 red onion, coarsely chopped
1 yellow or red sweet pepper, cut into 1-inch pieces
3 avocados, peeled and chopped
1 cup ripe blackberries, rinsed
2 hearts of romaine lettuce, chopped

1. In a small bowl combine sugar and chili powder; sprinkle evenly over pineapple. In a 12-inch nonstick skillet cook pineapple 10 minutes over medium heat, turning once, until sugar is caramelized and pineapple is golden brown. Remove pineapple. Cool 10 minutes. Cut into 1-inch pieces.

2. In a large bowl whisk together oil, vinegar, orange juice, cilantro, garlic, 1 tsp. *sea salt*, and a pinch of *pepper*. Add pineapple, onion, sweet pepper, avocados, and blackberries; toss gently to combine. Add lettuce; toss gently until mixture is just coated. Makes 12 servings.

EACH 1 1/4-CUP SERVING 162 cal, 11 g fat, 0 mg chol, 194 mg sodium, 15 g carb, 4 g fiber, 2 g pro.

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Confetti Corn Salad

START TO FINISH 30 min.

1 cup canned light coconut milk
1/4 cup lime juice
1 tsp. ground turmeric
6 ears fresh corn, kernels removed
2 red sweet peppers, finely chopped
1 green onion, thinly sliced
1 cup chopped cantaloupe
1 cup dry-roasted, salted cashews
1/4 cup unsweetened coconut flakes, toasted
1/2 cup plain corn nuts

In a large bowl whisk together coconut milk, lime juice, 1/2 tsp. *kosher salt*, and turmeric. Add fresh corn, peppers, green onion, cantaloupe, and cashews; toss to coat. Sprinkle with coconut and corn nuts. Serve immediately. Makes 10 servings.
EACH 1/2-CUP SERVING 177 cal, 11 g fat, 0 mg chol, 305 mg sodium, 20 g carb, 3 g fiber, 5 g pro.

Zesty Green Bean Slaw

PREP 20 min. STAND 1 hr.

1 lb. thin green beans, cut up
6 Tbsp. lime juice
1/4 cup fish sauce
1/4 cup sugar
2 cloves garlic, minced
8 cups shredded napa cabbage (12 oz.)
1 cup cilantro leaves and stems, chopped
1 cup salted peanuts, chopped
1 fresh Fresno or Thai chile pepper, sliced

1. In a medium saucepan cook beans in lightly salted water 2 minutes. Drain. Plunge into ice water; set aside.
2. In a screw-top jar combine lime juice, fish sauce, sugar, and garlic. Cover; shake well.
3. Drain beans. Transfer to a large bowl. Add cabbage and cilantro. Add dressing; toss gently to coat. Cover; chill up to 1 hour. Top with peanuts and pepper just before serving. Makes 10 servings.
EACH 1/2-CUP SERVING 126 cal, 7 g fat, 0 mg chol, 629 mg sodium, 13 g carb, 3 g fiber, 5 g pro.

Basil & Olive Potatoes

START TO FINISH 40 min.

2 lb. small new potatoes, quartered
1/3 cup canola oil
1 1/2 cups basil leaves
3 cloves garlic, minced
1/3 cup white wine vinegar
2 Tbsp. lemon juice
2 Tbsp. mayonnaise
2 large yellow sweet peppers
1 cup Castelvetrano olives or other green olives, pitted

1. Add potatoes to a large pot of salted water; bring to boiling. Reduce heat. Cover; cook 10 minutes or until just tender. Drain. Transfer to a serving bowl.
2. Meanwhile, for dressing, in a saucepan warm oil, 1/2 cup of the basil, and garlic over low heat. Remove from heat; discard basil. Transfer oil and garlic to a blender. Add vinegar, lemon juice, mayonnaise, 1/2 tsp. *salt*, and 1/2 tsp. *pepper*; blend until smooth. Pour dressing over potatoes.

3. Heat a gas or charcoal grill to medium heat. Add peppers to grill rack. Cover; grill 7 minutes or until charred, turning occasionally. Remove; let cool. Halve peppers; remove stems and seeds. Cut into large pieces; add to potato mixture along with olives. Toss in remaining basil. Serve at room temperature. Makes 10 servings.

EACH 1/2-CUP SERVING 180 cal, 11 g fat, 1 mg chol, 305 mg sodium, 19 g carb, 3 g fiber, 2 g pro.

Grilled Polenta & Greens

PREP 55 min. CHILL 1 hr. GRILL 15 min.

1 cup yellow cornmeal
1 tsp. cumin
1/4 cup bulgur
1/4 cup finely chopped green onions
4 Tbsp. olive oil
3 Tbsp. lemon juice
1 cup arugula
1 cup fresh raspberries
1/2 medium cucumber, chopped
1/2 cup chopped fresh Italian flat-leaf parsley
1/2 cup chopped fresh mint
1/4 cup crumbled feta cheese

1. In a medium saucepan bring 2 1/2 cups water to boiling. Meanwhile, in a bowl stir together cornmeal, 3/4 cup cold water, 1 tsp. *kosher salt*, and cumin. Slowly add cornmeal mixture to boiling water, stirring constantly. Reduce heat to medium; cook and stir 15 minutes or until very thick. Remove from heat; stir in bulgur and green onions. Spread into a plastic wrap-lined 9-inch round cake pan. Let stand, uncovered, 30 minutes. Cover; chill at least 1 hour or until firm.

2. Heat grill to medium. Remove polenta from pan; pat dry. Brush both sides with 1 Tbsp. of the olive oil. Place directly on greased grill rack. Grill, covered, 15 minutes or until heated through, turning once using a flat baking sheet. Transfer to a platter.

3. In a large bowl whisk together remaining oil and lemon juice. Season to taste with *salt*. Add arugula, raspberries, cucumber, parsley, and mint; scatter over polenta cake. Top with feta. Makes 10 servings.

EACH SERVING 136 cal, 7 g fat, 3 mg chol, 240 mg sodium, 17 g carb, 2 g fiber, 3 g pro.



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Deep & Smoky Baked Beans

PREP 1 hr., 25 min. BAKE 3 hr., 30 min.

- 1 lb. dry navy beans, rinsed
- 2 slices fresh ginger
- 2 Tbsp. canola oil
- 1 lb. boneless pork shoulder, trimmed of fat and cut into 1-inch pieces
- 1 white onion, diced (1 cup)
- $\frac{1}{3}$ cup tomato paste
- $\frac{1}{3}$ cup dark molasses
- 3 Tbsp. soy sauce
- 2 Tbsp. rice vinegar
- 1 to 2 tsp. crushed red pepper
- 2 tsp. smoked paprika
- 8 cloves garlic, minced
- Chopped kimchi (optional)

1. In a 4-qt. Dutch oven combine beans, ginger, and 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Remove from heat. Cover; let stand 1 hour. Drain beans, discarding ginger. Set aside.

2. Preheat oven to 325°F. In the same Dutch oven heat oil over medium heat. Add pork and onion. Cook and stir until browned, about 5 minutes.

3. Stir in drained beans, 4 cups water, tomato paste, molasses, soy sauce, rice vinegar, crushed red pepper, smoked paprika, and garlic.

4. Cover. Bake 2 hours. Uncover and stir; bake 1½ hours more or until desired consistency, stirring occasionally. Top with kimchi, if desired. Makes 10 servings.

Canned bean variation Prepare as above, except omit dry navy beans, sliced ginger, and Step 1. Stir four 15-oz. cans navy beans, rinsed and drained, and 2 tsp. grated fresh ginger into pork mixture in Step 3. To make less saucy, reduce water to 3½ cups. Bake as directed.

Make ahead Prepare as directed. Refrigerate overnight. Cover; cook over medium heat until heated through, about 20 minutes, stirring occasionally. **EACH ½-CUP SERVING** 289 cal, 6 g fat, 27 mg chol, 406 mg sodium, 40 g carb, 8 g fiber, 20 g pro.

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Sweet & Spicy Party Wings

PREP 35 min. BAKE 30 min.

- 6 lb. chicken wings (about 24), tips discarded and wings split
- 4 cloves garlic, thinly sliced
- $\frac{1}{2}$ cup unsalted butter, melted
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup green hot pepper sauce
- 3 Tbsp. grated ginger
- 4 jalapeño peppers, seeded and chopped

1. Preheat oven to 450°F. Line two 15×10×1-inch baking pans with nonstick foil; set aside.

2. Bring a large pot of salted water to boiling. Add chicken and garlic. Simmer 8 minutes; drain. Pat wings dry. Transfer to prepared pans. Bake 30 minutes, rotating pans halfway through.

3. Meanwhile, for sauce, in a small saucepan stir together butter, honey, hot pepper sauce, ginger, and 1 tsp. *kosher salt*. Bring mixture to boiling. Reduce heat. Simmer, uncovered, 4 minutes or until sauce is just thickened.

4. Place wings in a large bowl. Add wing sauce; toss to coat. Sprinkle jalapeños on top. Serve immediately. Makes 10 servings.

EACH SERVING 375 cal, 25 g fat, 164 mg chol, 380 mg sodium, 15 g carb, 0 g fiber, 22 g pro.

Farro & Fruit Salad

START TO FINISH 45 min.

- $\frac{1}{2}$ cup plus 1 Tbsp. extra-virgin olive oil
- 3 shallots, finely chopped
- 2 cups pearled farro
- 4 cups reduced-sodium chicken broth
- 1 tsp. finely shredded lemon peel
- $\frac{1}{4}$ cup lemon juice
- 1 Tbsp. chopped fresh oregano
- 4 cups baby spinach leaves
- 2 cups blueberries
- 1 fennel bulb, cored and thinly sliced
- 1 bunch green onions, sliced ($\frac{1}{2}$ cup)
- 1 cup roasted, salted pistachios, chopped
- 8 oz. goat cheese, crumbled

1. In a large saucepan heat 1 Tbsp. of the oil over medium heat. Add 2 of the shallots; cook and stir 3 minutes. Add farro; cook and stir 1 minute more. Add broth; bring to boiling. Reduce heat. Simmer, covered, 15 minutes or until soft. Rinse; drain. Let cool.

2. For dressing, in a screw-top jar add remaining shallot and oil, lemon peel and juice, oregano, $\frac{1}{2}$ tsp. *salt*, and $\frac{1}{4}$ tsp. *pepper*. Shake to combine. Toss half the dressing with farro. Chill dressing.

3. In a very large bowl arrange farro, spinach, blueberries, fennel, green onions, pistachios, and goat cheese. Cover; chill up to 24 hours. Pour dressing over; toss to coat. Makes 10 servings. **EACH ½-CUP SERVING** 442 cal, 26 g fat, 18 mg chol, 458 mg sodium, 41 g carb, 8 g fiber, 16 g pro. ■

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better

LOVE YOUR EVERYDAY LIFE



NAIL IT

For kid-friendly polishes, look for “3-free” or “5-free” on the label; that means they have fewer chemicals. **Priti NYC polishes, \$9-\$15; pritinyc.com**

SPA-SOME!

Mother-daughter pampering doesn't have to cost a pretty penny: All you need are pedis, masks, and soothing tunes.

live well

Smart strategies for a happy, healthy life



snack we love

Crunch time

Upgrade movie night munchies: Quinn Popcorn puts a gourmet spin on the microwaveable bag with organic ingredients and flavors like Vermont Maple & Sea Salt and Parmesan & Rosemary. With 80–170 calories and 3 g fiber per cup, the nutritional profile checks out, too. \$4.99 for two bags; quinpopcorn.com

health showdown
Is it better to exercise a
little each day or do
longer weekend sessions?
Get moving every day.

“Even if they’re just 15 minutes, daily workouts can improve your heart health more than one or two longer workouts,” says Brian Williams, physiology manager at Loyola University’s Gottlieb Health and Fitness Center in Melrose Park, Illinois.

The key is intensity, such as a routine that alternates between strength training and cardio—say, bicep curls and jumping jacks. “Longer workouts are usually more moderate,” Williams says. “And working out daily truly makes exercise a habit.”

—Sharon Liao



family time

Building bonds

When Nadine Pelote’s daughter, Tiffany, started college in 2012, Nadine wanted to make sure that she remembered the importance of giving back to the Miami community where she grew up. So Nadine asked Tiffany to join her in Habitat for Humanity’s Women Build program, which uses all-women crews to build houses for families in need of affordable housing.

Tiffany committed, and Nadine hoped she’d stay the course: “It’s hard work,” Nadine says. “You start with nothing but a frame and build from the ground up. Your whole body is sore at the end of the day.” Many weekends, Tiffany worked diligently alongside her mother. “After that first house was done, I was so proud of her,” Nadine says.

Three years later, Nadine still enjoys volunteering for Habitat for Humanity, and Tiffany joins whenever she can. “We’ve always been close,” Nadine says. “But volunteering has helped us see each other not just as mother and daughter, but as two people who really care about their community.”

—Camille Noe Pagán



Join Habitat for Humanity and Lowe’s at a National Women Build week event (May 2–10): habitat.org

pretty healthy

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Sunflower and almond oil sink in quickly to moisturize and calm skin of all ages. \$5.59; drugstore.com



So Cozy 3 in 1 Shampoo + Conditioner + Body Wash Lightly scented with mango and mandarin, this sudsers squeezes three steps into one to leave skin and hair insanely soft. \$11.95 for 8 oz.; socozy.com

*What 1 in 4 women
will be wearing this fall.*



There's nothing pretty about it. 1 in 4 women will be impacted by domestic violence in her lifetime. Yet there's an even darker side. 98% of these women are trapped because of the financial control abusers have over them. It's a secret prison no one's talked about, until now.

Join with The Allstate Foundation at PurplePurse.com to recognize the signs of financial abuse and help women gain the financial knowledge, skills and resources they need to break free.



fit tools

Roll with it

Use one of these foam rollers to apply pressure to tense muscles—and get ready for relief.



Restore Compact Foam Roller
Good for newbies, the lightly textured surface makes this 12-inch roller easy to grip, and an exercise guide is included. \$19.98; gaiam.com



Star Roller

The ridges massage more deeply, and the 36-inch length allows you to reach more muscles at once.
\$49.95; optp.com

Grid STK Foam Roller

Handles let you roll out muscles while sitting or standing, and work on hard-to-reach areas.
\$34.99; tptherapy.com

—Karen Asp



BNPA winners

Pet picks

This year, more than 70,000 consumers voted in our Best New Products Awards, bringing you the latest and greatest in five categories: household, food, beauty, health, and kids. Here, some of our favorites for pets.



BEST DOG DENTAL HEALTH

Milk-Bone Brushing Chews
Like brushes in disguise, these tasty bones clean your pup's teeth as he chews.
\$10-\$11; milkbone.com



BEST CAT LITTER

Arm & Hammer Clump & Seal
Thanks to moisture-locking granules and baking soda, the litter box will stay odor-free for at least seven days. \$7.99-\$17.99; armandhammer.com



BEST CAT FOOD

Friskies SauceSations Chicken & Turkey Dinner in Cheesy Sauce What kitty wouldn't go crazy for this saucy meal? \$.46 per can; Walmart stores

a healthier way to Get back to sleep

When you're tossing and turning, drift back to dreamland with these pointers from Shelley Hershner, M.D., assistant professor of neurology at the University of Michigan.

DON'T WATCH THE CLOCK You'll just stress out and have a tougher time nodding off. Face the clock away from you so you're less likely to keep checking.

TRY SQUARE BREATHING It will calm your body and mind: Inhale for eight seconds, hold for eight seconds, exhale for eight seconds, then hold for eight seconds. Repeat.

PICK UP A BOOK If you're still awake after 15 or 20 minutes, read a boring book (print, not an e-reader) until you feel drowsy. Keep the lamp on a low setting because bright light lowers your brain's production of the sleep-inducing hormone melatonin.

GET OUT OF BED Still not able to fall asleep after 30 minutes or so? Go into another room and keep reading until you're drowsy, so you won't associate your bedroom with insomnia. Resist the urge to log onto e-mail or social media: Research shows the light from electronic devices has a stimulating effect.

—Sharon Liao



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10 best

ballparks

Stadiums today cater to families with a whole lot more than peanuts and popcorn.

BY LARRY BLEIBERG

ILLUSTRATION BY SARA FRANKLIN



1 Wrigley Field, Chicago A real last-chance ballpark: The outfield walls are covered in ivy, and the scoreboard is still changed by an actual human at this 101-year-old stadium. Catch Cubs at batting practice starting two hours prior to game time, and save room for a Chicago-style beef hot dog, topped with relish, onion, tomato, cucumber, marinated peppers, and mustard.

2 Petco Park, San Diego This stadium goes the extra mile for families: Kids get wristbands with seat information, and they can play in the grassy park next to the bleachers as they watch the game on a big screen. Spectators under 3 get in free as long as they sit in a lap.

3 Safeco Field, Seattle True to its tech roots, the stadium lets fans use smartphones to connect to the Nintendo Fan Network to watch replays and order food. If the game is a blowout, head to the upper concourse for Puget Sound views or have fun scouting the artwork scattered throughout the stadium, including a sculpture made from 1,000 translucent baseball bats.

4 Kauffman Stadium, Kansas City At this 38,000-seat stadium (one of the smallest in the majors), you get a more intimate experience, complete with lighted waterfalls off right field. Kids can work out their wiggles in the Outfield Experience clocking the speed of their fastballs.

5 PNC Park, Pittsburgh Thanks to its spot along the Allegheny River, you can hop a ride on a riverboat to this stadium. Be sure to check out statues that honor Pirates greats like Roberto Clemente and an interactive exhibit that pays tribute to the city's historic Negro League teams. When your crew gets hungry, head to the Taste of Pittsburgh dining area for sandwiches from Primanti Brothers.

6 Riverwalk Stadium, Montgomery It's hard not to like a team named the Biscuits, especially when the stadium has a cannon that shoots the tasty carb bombs to fans. Built around a converted historic Alabama train station, the field features Minor League games with a view of freight trains running behind left field.

7 Oriole Park at Camden Yards, Baltimore Finished in 1992, this stadium redo was one of the first to revive the retro look of a downtown ballpark, and it's still one of the prettiest. Pay homage to baseball history at the Babe Ruth statue, then head for a bite at Boog's BBQ, where you might meet the retired first baseman Boog Powell himself.

8 Smith's Ballpark, Salt Lake City With the Wasatch Mountains standing majestically behind the field, watching a Minor League Salt Lake Bees game might just give you one of the best mountain views. There's plenty of diversion at the diamond, including the Bumble Express, a small train offering free rides behind the outfield. Post-game, make an easy exit on Trax, the city's light rail line.

9 Miller Park, Milwaukee Bad weather won't put a dent in your visit thanks to the stadium's fan-shape retractable roof, which keeps seats toasty (or cool) and dry. The younger set can hang at Bernie's Clubhouse, a play area on the terrace level, and everyone will get a kick out of the sausage race run by costumed characters during the sixth inning.

10 Fenway Park, Boston A visit to the country's oldest Major League park is practically a history lesson. Check out the Fenway Park Living Museum Fund concourse displays to see signed (and game-used) bats and balls, photographs, and other artifacts. Fans under 14 can sign up for the Kids Nation club to get free perks like early park entry and access to an air-conditioned clubhouse. ■

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using good judgment

**ELIZABETH
LOMBARDO, PH.D.**

Clinical psychologist and author of *Better Than Perfect*. Find her at elizabethlombardo.com.

MEDIA MATTERS**Kids &
independence**

These stories feature kids exercising their judgment in controversial situations.

BOOKS***Stargirl* by Jerry Spinelli**

As the new girl at high school, Susan struggles with initial popularity, then being shunned.

***Matilda* by Roald Dahl**

Ten-year-old Matilda strives to maintain her uniqueness, which clashes with her family's values and expectations.

MOVIES & TV***The Way Way Back***

(PG-13) During a summer beach vacation, 14-year-old Duncan struggles with frustrating family dynamics but finds friendship and acceptance in a group of locals.

The Facts of Life

This popular '80s sitcom highlights the experiences of adolescent girls, guided by their housemother at boarding school.

QUESTION

The skirt my daughter wants to wear to school is way too short. What should I do?

ANSWER

As children grow up, it's their "job" to become more independent and responsible. But it's still our job as parents to strike the right balance between giving kids space and helping them make good decisions.

In this case, the goal is for your daughter to realize, on her own terms, that her skirt is too short for a school environment. Without judgment, ask questions such as, "Why do you want your skirt to be so short?" You want your daughter to understand that certain clothes are appropriate for certain circumstances; this is where you lay the groundwork for her to make prudent decisions about how she presents herself in any situation throughout life—whether it's a job interview or a friend's wedding.

Of course you have to take into consideration any school rules regarding skirt length, but ultimately it's important to establish your own rules—and consequences if they're broken.

Outside this situation, look for other ways that your daughter can exercise her independence; maybe you let her wear what she wants when she's not in school. Giving her the freedom to make her own decisions within guidelines will strengthen her judgment in the long run. ■

**GOT A QUESTION?**

E-mail us: goodkid.project@meredith.com



PHOTO: ANDY LYONS; STYLING: JEN McDONALD; HAIR & MAKEUP: JILL WITTE

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54 Custer State Park—A 71,000-acre vacation paradise located in the beautiful Black Hills, featuring free-roaming buffalo and Needles Highway.

55 Mitchell—Experience the newly renovated Corn Palace! Enjoy our a-maze-ing attractions by day, and then spend the night at one of our pleasant-ear-fun hotels.

56 South Dakota Art Museum—Galleries feature Native American art, Harvey Dunn originals, Marghab Linens and a dynamic exhibit schedule of artists.

57 Liv Hospitality—Hotels and resorts that offer complimentary breakfast, indoor swimming pools, and access to the largest indoor waterpark in the region.

58 Pine Ridge—Pine Ridge Indian Reservation- The land of Crazy Horse and Red Cloud. Relish Native American culture by experiencing a pow-wow with colorful dancers.

59 South Dakota Missouri River Tourism—Along the Missouri River, enjoy fishing, hunting, museums, birding, kayaking, Native American culture, festivals, powwows, and rodeos.

60 Watertown—Enjoy freshwater lakes, an outdoor water park, original paintings at the Terry Redlin Art Center and the Bramble Park Zoo.

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BY ALICE OGLETHORPE

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Sweating it out solo
GETS SO LONELY.
—social butterfly

I TRY TO WORK OUT, BUT
something always comes up.
—commitmentphobe

I love a
GOOD CHALLENGE.
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EXERCISE?
I think I'm allergic to sweat.
—exercise hater

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WEREN'T SO BORING!
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Always Discreet. So bladder leaks can feel like no big deal.

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It makes perfect sense: Enjoy exercise, and you'll stick with it.

And there's even research showing that people who like their workouts are less apt to indulge in high-cal treats afterward. The hard part is finding an activity that's really fun for you. Do a little self-analysis, choose your type, and get ready to sweat!



SET UP SOME STRUCTURE It's easy to tell yourself you'll exercise later, but a personal trainer won't let you get away with putting it off. "Set up weekly meetings with a trainer who'll text or call whenever you're late or a no-show," says Petrina Hamm, a certified trainer and owner of Petrina Hamm Fitness. You can lower the cost by splitting a trainer with a friend or two, or doing 30-minute sessions, which will be easier to fit into your day. Another option: Work with an expert through wello.com; you get a live training session via your computer's camera. One-on-one sessions are \$29, and group workouts are \$14.



SOCIAL BUTTERFLY

You thrive on the group dynamic and a sense of camaraderie.

BUDDY UP Making exercise a group activity will do your body good; one study found that when people worked out with a partner who they believed was counting on them to keep pace, they pushed themselves to go longer and harder. But not just anyone will do. "Make sure your partner is goal-oriented and has a can-do attitude," says Katie Schmidt, a certified trainer at Equinox in Highland Park, Illinois. "You don't want to be psyching up two people to exercise."

BE A CLASS ACT "Go to the same classes every week, and you'll develop a sense of community and look forward to seeing the familiar faces," says PJ Monson, a certified trainer and owner of MyFitMojo, an online coaching company. Once you find the classes you like, you can even ask for an adjusted membership fee. "Some gyms offer a lower rate that figures in that you're not using the floor equipment and cardio machines," Monson says.

CHANNEL YOUR HIGH SCHOOL SELF Dust off those soccer cleats from 10th grade, and join a recreational team. You'll get fit with a bonus: A review of studies found that playing a team sport as an adult has mental and physical benefits.

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sportsville

Head to sportsville.com and scan the list of available leagues and teams to join in your town—options include softball, golfing, hiking, and even cricket.

Fitlink

Fitlink.com is like a workout matchmaker; browse profiles of people in your area who are looking for exercise partners.

COMMITMENTPHOBE

You'd exercise all the time, if life didn't get in the way.

SHORTEN YOUR ATTENTION SPAN

Exercising for 30 minutes on most days is your target, but it doesn't have to be all at once. Try 10-minute chunks instead. Need ideas? You can always do 10 minutes of weight lifting in the morning, or go to the dailyhiit.com for a slew of quick high-intensity interval routines. If yoga is more your thing, check out doyogawithme.com—26 of the free classes offered run less than 20 minutes.

TRY IT!

5

Grab a quickie routine off the Hot 5 app (free; hot5.co).

UNLEASH YOUR INNER EARLY BIRD Working out first thing in the a.m. is a surefire way to make exercising a habit. Stack the cards in your favor by sleeping in your workout clothes and putting your shoes right by the bed so you can get going without giving it a second thought.



The Clocky alarm clock (\$39.99; handahome.com) will literally get you out from under the covers. When it rings, it starts rolling; you have to track it down to shut it off.



RISE AND ENERGIZE.

Made with invigorating whole grains and real fruit
to help you move at the speed of morning.

THE BREAKFAST BAR



EXERCISE HATER

You'd like working out if it wasn't so like... working out.

GET A FINGER ON YOUR PULSE By wearing a heart rate monitor, you can track when you get your heart pumping harder than usual, which is when the health and fitness benefits happen. Aim for 30 minutes daily in that zone. Seriously, you can rack up those minutes, no sweat. Walking a few times around the office or racing after the kids—it all counts toward the 30, Monson says.

CARRY A TUNE—LITERALLY Music is a big motivator: A new study shows that when exercisers listened to music, they worked out more intensely without feeling like they were pushing harder. Tailor your tunes to your sweat sessions with the spotify.com app, where you can browse playlists in the workout section.

TROUBLESHOOT YOUR ROADBLOCKS "Most people who 'hate' exercise have an unpleasant feeling associated with it—it's too hard, inconvenient, intimidating," says Hamm, who weighed 240 pounds when she began working out. "List the specific reasons why you dislike exercise, and come up with an actionable solution for each." Feel overwhelmed at the gym? Ask a trainer to walk you through the machines. Self-conscious? Start working out at home. "I promise there's some kind of physical activity you'll enjoy—dancing, gardening, walking your dog," Hamm says. "Pick one thing and start small; mine was a 10-minute workout video in my living room."

PLAY DRESS-UP Wear clothes that you feel comfortable and confident in, and you'll be more psyched to work out. Want something forgiving? Under Armour's Perfect Pant (\$59.99; underarmour.com) comes in three lengths, is made with four-way stretch, and has a wide waistband to hold everything in place.

TRY IT!



Protect your phone from sweaty palms: Slip it into the Large Pocket SPIBelt (\$22.99; spibelt.com), which stays snug against your waist with room to stash keys and cards.



Check out Fabletics (fabletics.com), a new line of workout clothes cofounded by Kate Hudson, which has lots of fun patterns and colors at reasonable prices.



THRILL SEEKER

Boredom is your biggest enemy.

GET SPORTY So many outdoor activities—hiking, biking, kayaking—build muscle and burn calories with a lot more thrills than you'll find on a treadmill. Your local outdoor store is a great place to sign up for something new. National chain REI offers classes on hiking, paddle sports, trail running, and much more. Check out rei.com/learn for the full list of offerings.

DO A DIFFERENT ROUTINE EVERY TIME "Changing up your exercise enables you to work different muscle groups, builds strength and endurance, and lessens your chance for injuries," fitness expert Denise Austin says. You can build in variety on your own, making a weekly schedule of jogging, walking, or doing a workout video.

WIDEN YOUR WORK-OUT-AT-HOME OPTIONS Even the biggest adrenaline junkie gets housebound every now and then, but why do the same old exercise video you've done a hundred times before?

TRY IT!



Access an almost limitless selection of workouts at the subscription-based radiusfitness.com. For \$10 a month, you can get routines via your smartphone, tablet, computer, or TV.



ClassPass (classpass.com), available in more than 35 major cities, costs \$79 to \$99 a month and lets you take classes through any of the participating studios. That means you can do bootcamp, then kickboxing, then yoga, all with the same membership. The catch: You can't go to any one studio more than three times a month. But with your love of variety, why would you?



Adding once-daily NAMENDA XR to your loved one's current treatment may help their moderate to severe Alzheimer's disease.

NAMENDA XR works differently than other Alzheimer's medications.



By adding **NAMENDA XR**, you may see:

- An improvement in overall function
- An improvement in cognition
- A slowdown in the worsening of symptoms for a while

NAMENDA XR® (memantine hydrochloride) extended-release capsules are approved for the treatment of moderate to severe Alzheimer's disease. NAMENDA XR is available by prescription only.

There is no evidence that NAMENDA XR or an AChEI prevents or slows the underlying disease process in patients with Alzheimer's disease.

*Alzheimer's treatments include ARICEPT®, EXELON®, or RAZADYNE®. Trademarks referred to herein are property of their respective owners.

ASK THEIR DOCTOR
ABOUT ADDING
NAMENDA XR TODAY.
VISIT NAMENDAXR.COM
OR CALL 1-855-511-1450.

IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.



**Brief Summary
of Important
Risk Information**
**NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules**



This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605.

Please also see full Prescribing Information at www.namendaxr.com.

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OVERACHIEVER

Competitive and goal-oriented, you never met a challenge you didn't like.

GET CROSSFIT Every workout is a mini competition with a goal—do as many reps as possible, get through a certain number of moves as fast as you can. You're going against fellow CrossFitters and yourself. If you're not quite ready for that intensity, take a cue from CrossFit and start a log. "Track every workout—how long and how hard you went—and try to best every performance, even just a little," Schmidt says. If you're lifting weights, write down the pounds and the number of reps. For cardio, note the type, duration, distance, speed, and resistance/incline. Make each workout a little harder by changing one of the variables (say, upping the incline or adding 2 minutes).

PUT ON YOUR RACE FACE Find an event that suits your fitness level at runningintheusa.com. While training, use RunKeeper (free; runkeeper.com), which tracks your routes using your phone's GPS and gives you real-time updates on pace through your headphones.

LEAD THE PACK Nothing is more motivating than seeing in real time how you're faring against other exercisers; that's the idea behind the latest indoor cycling classes that feature leaderboards in the room so you can see how you rank. The Strava app (free; strava.com) uses that same philosophy for outdoor workouts. Clock your time, speed, and distance, and see where you land on the virtual leaderboard.

TRY SOME FRIENDLY COMPETITION Give friends a fitness challenge via the Endomondo app (free; endomondo.com). Come up with the task (who can climb the most stairs in a day) and invite friends to join.

MAKE THE MOST OF A MONITOR Track your steps and calories burned, and see if you can beat your numbers every few days. You can set your own goals, or have the monitor make them for you. ■

TRY IT!

The new JBL Reflect Response BT headphones (\$149; jbl.com) allow you to control the volume and track what you're listening to with just a wave of your hand.

Try before you buy: For \$25, lumoid.com sends you up to five fitness trackers to test for seven days. If you buy your favorite via Lumoid, the fee goes toward the purchase.

If you had a Straight Talk, Net10, Simple Mobile, or Telcel America "Unlimited" Mobile Service Plan, you may be entitled to a cash refund from a class action settlement.

You must file a claim to receive a cash refund. Visit www.PrepaidPhoneRefund.com to file a claim.

A federal court authorized this notice. This isn't a solicitation from a lawyer and you aren't being sued. This notice may affect your legal rights. Please read it carefully.

Si desea recibir esta notificación en Español, llámenos o visite nuestra página web.

WHAT IS THIS CASE ABOUT?

Consumers have filed a class action lawsuit saying that Straight Talk, Net10, Simple Mobile, and Telcel America advertised "unlimited" wireless plans, but then slowed or cut off data service, or terminated all services, for some customers. The defendants in the case, TracFone Wireless (the owner of those four brands) and Wal-Mart, deny all liability.

WHO IS INCLUDED?

You're eligible for a refund (meaning that you're a "Class Member") if you bought a Straight Talk, Net10, Simple Mobile, or Telcel America mobile service plan with "unlimited" data in the United States, and, at any time between July 24, 2009 and December 31, 2014, you had your data usage "throttled" (slowed), suspended (cut off), or had all of your services terminated by TracFone before the expiration of your service plan. **If you had an "unlimited" plan, but aren't sure if your service was throttled (slowed), cut off or terminated, file a claim and the information you provide will be checked against company records to see if you're eligible.**

WHAT DOES THE SETTLEMENT PROVIDE?

TracFone has agreed to pay \$40 million to a settlement fund. Class Members who file valid claims ("claimants") will receive cash refunds from the fund. Refund amounts will depend on three things: the number of claimants, when you were a customer, and how your service was affected. It is expected that refunds will be at least \$2.25 to \$6.50 for claimants who had their data service "throttled," at least \$10.00 for claimants who had their data service suspended, and \$65.00 for claimants who had all of their services terminated. Actual refund amounts may be different depending on the number of claimants. The Settlement Administrator supervising the refund program will use company records and the information you provide in your Claim Form to determine your eligibility and your refund amount. TracFone also has agreed to improve its advertising and customer service as part of the settlement to make its policies clearer to customers. For more information, visit www.PrepaidPhoneRefund.com.

HOW DO I GET A REFUND?

You must file a Claim Form to get a refund. There are two ways to file a Claim Form: (1) File online, at www.PrepaidPhoneRefund.com; or (2) Print a Claim Form, available at www.PrepaidPhoneRefund.com, fill it out, and mail it (with postage) to the address listed on the Claim Form. **Claim Forms must be filed online or postmarked by June 19, 2015.** If you had more than one phone number with "unlimited" data from Straight Talk, Net10, Simple Mobile or Telcel America between July 24, 2009, and December 31, 2014, you should file a separate Claim Form for each phone number you had. (It's easier to file multiple claims online.)

YOUR OTHER OPTIONS.

If you don't want to make a claim, and don't want to be bound by the settlement and any judgment in this case, you must send a written request to exclude yourself from the settlement, postmarked no later than May 20, 2015. If you exclude yourself, you won't get a refund through this settlement. If you don't exclude yourself and don't submit a claim, you won't receive a refund from the settlement and you will give up the right to sue TracFone or Wal-Mart about the claims in this case. If you don't exclude yourself, you may object to the settlement or to the request for fees by the attorneys representing the Class. The detailed Class Notice, available at www.PrepaidPhoneRefund.com, explains how to exclude yourself or object.

The Court will hold a hearing in the case—*In re TracFone Unlimited Service Plan Litigation*, No. 13-cv-03440-EMC (N.D. Cal.)—on June 23, 2015 at 2:30 p.m., to consider whether to approve: (1) the settlement; (2) attorneys' fees of up to \$5 million plus reimbursement of out-of-pocket litigation costs of up to \$100,000, for the attorneys representing the Class, to be paid by TracFone in addition to the \$40 million settlement fund; and (3) service awards of \$2,500 each for the eight class representatives who represented the Class in this case. You may appear at the hearing, but you don't have to. The Court has appointed attorneys (called "Class Counsel") to represent the Class. These attorneys are listed in the detailed Class Notice. You may hire your own attorney to appear for you, but you will have to pay that attorney.

WHERE CAN I GET MORE INFORMATION?

For more information, visit www.PrepaidPhoneRefund.com or call 1-855-312-3327



health picks

This year, more than 70,000 consumers voted in our Best New Products Awards, bringing you the latest and greatest in five categories: household, food, beauty, health, and kids. Here's a look at some of our favorites in health.



1. BEST POWERED TEETH CLEANING

Oral-B Black 7000 With 800 brush movements per second, you won't miss a nook or cranny. \$219; oralb.com

2. BEST ORAL CARE: SENSITIVITY

Sensodyne Complete Protection It's the quadruple threat: Protect against plaque, cavities, and sensitivity, plus shine those pearly whites. \$5.39; target.com

3. BEST WOMEN'S RAZOR

Schick Hydro Silk Sensitive Care A curved handle gives you a good grip, and a hypoallergenic moisturizing serum protects against irritation. \$9.99; target.com

4. BEST DIETARY SUPPLEMENT

Nature's Way Alive! Immune Gummies These come in handy when you need an extra hit of nutrients. \$15.39; walgreens.com

5. BEST MOUTHWASH

Crest Pro-Health Tartar Protection Rinse Swishing once a day with this fluoride-containing rinse can help keep tartar at bay. \$5.49; crest.com

6. BEST WOMEN'S DEODORANT

Dove Advanced Care Antiperspirant/Deodorant with NutriumMoisture Keep your cool and stay dry for 48 hours while your skin gets softer. \$4.99-\$6.99; drugstore.com

7. BEST EXTERNAL ANALGESIC

ThermaCare Advanced Joint Pain Therapy HeatWraps Soothe as you move: Put a patch on, and it warms up to calm joints. \$6.99; walgreens.com ■

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***Stay Strong, Stay Active
with BOOST®***

BOOST® nutritional drinks come in a variety of delicious flavors, and provide great nutrition for you and the ones you love. BOOST® complete nutritional drink contains essential nutrients including calcium & vitamin D to support strong bones and protein to help maintain muscle.

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Find BOOST® in the Nutrition Aisle.

healthy eating

green peas

Spring is the season to get your hands on these little nutritional powerhouses.

BY SARA REISTAD-LONG

PROTEIN SURPRISE

Peas have a high-carb reputation, but they also pack a significant, balancing dose of protein. One cup of green peas has 8 g—more protein than 1 egg (6 g) or 1 Tbsp. peanut butter (4 g). And the protein itself is high-quality, made up of a wide array of essential amino acids. The little green guys also provide nearly one-third of your recommended daily allowance for fiber, so they give any meal or snack staying power.

STOMACH SOOTHER

Peas are a rich source of a nutrient called coumestrol, which recent research links to a significantly lower risk of stomach cancer. And their belly benefits don't stop there: Peas can also be helpful against heartburn, as they contain compounds that neutralize stomach acid.

SKIN SUPERHEROES

You might just consider peas your new beauty secret: One cup contains 26 percent of your RDA for wrinkle-fighting vitamin A, more than a third of your daily dose of glow-enhancing C, and a substantial serving of vitamin K-1, which helps protect against dark circles (and osteoporosis). A host of anti-aging compounds, including omega-3s, round out the pretty picture.

TOP SHELF

Look for medium-size, thin-skinned pods, which contain young, sweet, and tender peas.

SHOP 'N' SERVE

Peas last about four to five days in the fridge. Don't shell them until you're ready to eat.

easy-peasy prep

Fresh from the pod is most nutritious, but convenient frozen runs a close second—in both flavor and nutrients. Canned comes in third with fewer vitamins and minerals. Try peas:

STEAMED OR BOILED

The less water peas are exposed to, the less vitamin C they lose. When boiling frozen peas, add just enough water to cover.

MASHED

For an extra kick of protein and texture, mash peas into snacking standbys, such as hummus or guacamole.

TOSS ED

For an über-nutritious salad, toss peas with quinoa, lemon juice, tarragon, onions, and cherry tomatoes. ■

made with
real cherries!



Per Serving

Oat Clusters with
Cherries & Almonds



AbsoluteLy

It's made with real cherries and sliced almonds.
It's low in fat and provides 8 essential vitamins and minerals.
It absolutely tastes as good as it looks.

There's more to learn at
WeightWatchers.com/cereal

weightwatchers



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I HATED MY "WORRY-WRINKLE"

Lone is 58 and feeling the effect of time on her skin. She chose to do something about it.

When I was younger my skin was smooth and wrinkle free. But I admit I used to sunbathe for hours, and already at 30 I started to notice fine lines and wrinkles show up. Especially a "worry-wrinkle" between my eyes really bothered me.

My friend recommended a supplement called Skin Care. She felt her skin was softer and smoother. So I bought a box next day and now after 3 months I am thrilled. Even my husband noticed the other day. It makes me very happy. I highly recommend Skin Care!

Lone, Denmark

YOUR SKIN TABLET

New Nordic introduces Skin Care™ – a new supplement designed to activate your skin's cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.



Skin Care uses a three-step action in one small tablet to help...

- 1: Prevent degradation of skin collagen
- 2: Provide collagen to your skin
- 3: Activate your skin's fibroblast cells that produce collagen

Now available at participating retailers and online. 1-877-696-6734.



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amazon.com

drugstore.com

Vitacost

Herb.com

Valley

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Testimonials are not proof of efficacy. Results may vary.

resources

Love something in this issue?

Go to BHG.com/Resources, where you'll find full sourcing information for the stories in this issue. Click right on links to go to manufacturer websites that provide purchasing details. Easy!

DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

COLOR: SATINY SMOOTH,
pages 46-48

Color expert: Steven Gambrel,
S.R. Gambrel, Inc., New York City;
212/925-3380; srgambrel.com.

LIGHT AND EASY, pages 66-70
Interior designer: Paige Sumblin
Schnell, Tracery Interiors,
Rosemary Beach, Florida; 850/213-
3216; traceryinteriors.com.

FROM HAMPER TO HANGER,
pages 74-80
For more info about Lindsey J. Boyd
and Gwen L. Whiting's products,
contact The Laundress, New York City;
212/209-0074; thelaundress.com.

KEEPING IT REAL, pages 90-97
Interior designer: Danielle
Tarango, Danielle Tarango
Design, Laguna Beach, California;
949/500-2621; danielletarango.com.

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

DAILY GIVEAWAY SWEEPSTAKES

No purchase necessary to enter or win.
Subject to Official Rules and entry at BHG.com/Win. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m. ET. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

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RECIPE INDEX

ROCK THE POTLUCK
Summer Spaghetti
Salad p. 128

Marinated Manchego
& Oranges p. 128

Triple Ruby Relish p. 128

Sweet Potato Deviled
Eggs p. 128

Avocado & Caramelized
Pineapple p. 128

Confetti Corn Salad
p. 130

Zesty Green Bean Slaw
p. 130

Basil & Olive Potatoes
p. 130

Grilled Polenta
& Greens p. 130

Deep & Smoky Baked
Beans p. 133

Sweet & Spicy Party
Wings p. 133

Farro & Fruit Salad p. 133

FISH TACOS
Citrus-Marinated Fish
Tacos p. 116

Fish Tacos with Roasted
Tomato Salsa p. 116

**WEEKNIGHT
DELICIOUS**
Chicken & Avocado
Mash Wraps p. 118

Gnocchi & Sausage
p. 120

Lemon Baked Fish with
Dill Panko Topping p. 122

Grilled Sirloin & Pepper
Pasta Salad p. 125

**NEW WAYS WITH
ASPARAGUS**
Asparagus Falafel p. 122

Orange Asparagus
& Calamari p. 122

Loaded Asparagus
Hash Browns p. 122

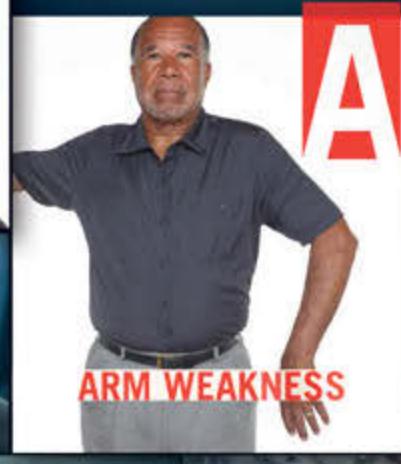
Asparagus-White
Bean Gratin p. 122



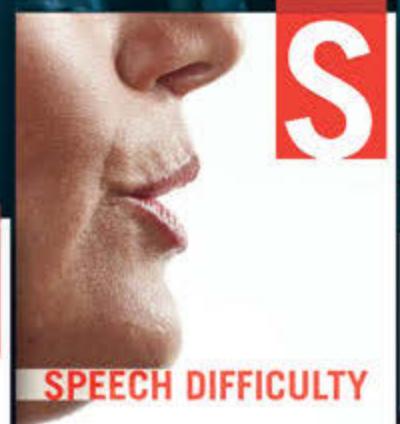
Body language
can tell you all
sorts of things.
**Like someone is
having a stroke.**



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911



Together to End Stroke™

Know the sudden signs.
Spot a stroke F.A.S.T.



i did it!

“Framing the refrigerator makes the kitchen look completely different—and like I spent far more money than I did.”

Alexandria Szwarc

AT HOME WITH Alexandria Szwarc in Marlborough, Massachusetts.

HER PROJECT Update her kitchen for \$250 by building a refrigerator cabinet, adding a cabinet soffit and crown molding, and painting walls and cabinets a creamy neutral.

BIGGEST IMPACT Making the fridge look built-in. “For the door above the fridge, I built a frame for a radiator panel left over from another project.”

BEST ADVICE “Find something you think is beautiful, and figure out a way to do it cheaper.”

See more of Alexandria’s ideas on her blog, diohomedimprovements.com ■

SHARE YOUR SUCCESS STORY!

E-mail photos of you with your latest home project to IDidIt@meredith.com.



FOR COMPLETE BUYING INFORMATION: BHG.COM/RESOURCES. WRITTEN AND STYLED BY KRISTINE KENNEDY. PHOTO: MICHAEL PARTEPIO. BETTER HOMES AND GARDENS® (ISSN-0096-015) MAY 2015, VOL. 93, NO. 5. IS PUBLISHED MONTHLY BY MEREDITH CORPORATION, 176 LOCUST STREET, DES MOINES, IA 50309-3023. U.S.A. PERIODICALS POSTAGE PAID AT DES MOINES, IOWA, AND AT ADDITIONAL MAILING OFFICES. SUBSCRIPTION PRICES: \$22 PER YEAR IN THE U.S.; \$35 U.S. DOLLARS) IN CANADA; \$35 U.S. DOLLARS) IN MEXICO. \$22 PER YEAR IN THE UNITED STATES, CANADA, AND AUSTRALIA. BETTER HOMES AND GARDENS. MARCA REGISTRADA EN MEXICO. POSTMASTER: SEND ALL U.S. MAIL TO BETTER HOMES AND GARDENS, P.O. BOX 7042, ST. LOUIS, MO 63136. CANADA MAIL SALES PRODUCT AGREEMENT NO. 400698/23; CANADIAN BN 123482887 RT. RETURN UNDELIVERABLE CANADIAN MAIL TO BETTER HOMES AND GARDENS, P.O. BOX 882, ST. MARYS, ON, L3P 9Z3. © MEREDITH CORPORATION 2015. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A.

MY McCafé® COFFEE JOURNAL



We went to LATIN AMERICA to go on a coffee tour.



We loved tasting those 100% Arabica beans.



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¹Don't drive while distracted. Even with voice commands, only use MAZDA CONNECT™/ other devices when safe. Some features may be locked out while the vehicle is in gear. Not all features are compatible with all phones. Message and data rates may apply. Optional equipment shown.

